

TASTES OF LIFE

Crème brûlée espresso

500 ml double cream
125 ml milk
70 g caster sugar
125 ml espresso
3 eggs
3 egg yolks

Topping:

80 g brown sugar
2 tsp finely ground espresso beans

8 single portion,
7 cm Ø ovenproof serving dishes



Put the cream, milk, sugar and freshly made espresso in a pan and heat slowly on a medium setting. Do not boil.

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Whisk the eggs and egg yolks together. Add to the cream mixture whilst continuing to whisk. Continue to simmer on a low heat for a further 5 minutes, stirring all the time.

Divide the mixture between the serving dishes. Stand the dishes in a roasting tin filled with 500 ml water, and place in the oven for 45 minutes at 180°C (fan heat).

Remove from the oven, and sprinkle brown sugar and ground espresso beans over the top each.

Pre – heat the grill to 250°C. Place dishes in the oven shelf level 3 and grill for about 3 minutes, until the sugar begins to caramelize.

Take out of the oven and sprinkle with ground espresso beans.

Leave to cool and serve with whipped cream if desired.

Tips:

Avoid grilling for too long, as the sugar will become bitter. Crème brûlée is tasty, slightly stronger version of crème caramel.