

Custards

- Crème Brulee
- Flan

Crème Brulee

Source: allrecipies.com

Modified by: ChefPeon, Michael D'Attilo

6 Egg Yolks
4 Tbsp White Sugar
1/2 Tsp Vanilla Extract
2 1/2 Cups Heavy Cream

Preheat oven to 300F.

Beat egg yolks, sugar, and vanilla together in a mixing bowl, until thick and creamy.

Meanwhile, pour cream into a saucepan and stir over low heat until it almost comes to a boil, and then remove from heat immediately.

Slowly pour a small portion of the heated cream into the egg yolks, whisking briskly. Add more cream until about 1/3 of it has been poured in, then return the egg/cream mixture to the pot and whisk vigorously. Skim the resulting foam off of the top of the custard with a wire strainer, and discard.

Pour the custard into a shallow casserole dish and bake for 20-30 minutes; when it is done, it should jiggle like firm jello when the dish is shaken. Remove the custard from the oven and let it cool, either in a water bath or refrigerator, for at least 15 minutes or overnight.

Just prior to serving, sprinkle the top of the custard with a liberal amount of granulated sugar. Broil on high for 1-2 minutes, until the sugar caramelizes. Serve immediately, while the sugar is still crunchy.

Flan

Source: *epicurious.com*

1 3/4 cups whipping cream
1 cup milk (do not use low-fat or nonfat)
Pinch of salt
1 tsp vanilla extract

1 cup sugar
1/3 cup water

3 large eggs
2 large yolks
7 tablespoons sugar

Position rack in center of oven and preheat to 350°F. Combine cream, milk, salt, and vanilla in heavy medium saucepan. Bring to simmer over medium heat. Remove from heat and let steep 30 minutes.

Meanwhile, combine 1 cup sugar and 1/3 cup water in another heavy medium saucepan. Stir over low heat until sugar dissolves. Increase heat to high and cook without stirring until syrup turns deep amber, brushing down sides of pan with wet pastry brush and swirling pan occasionally, about 10 minutes. Quickly pour caramel into six 3/4-cup ramekins or custard cups. Using oven mitts as aid, immediately tilt each ramekin to coat sides. Set ramekins into 13x9x2-inch baking pan.

Whisk eggs, egg yolks and 7 tablespoons sugar in medium bowl just until blended. Gradually and gently whisk cream mixture into egg mixture without creating lots of foam. Pour custard through small sieve into prepared ramekins, dividing evenly (mixture will fill ramekins). Pour enough hot water into baking pan to come halfway up sides of ramekins.

Bake until centers of flans are gently set, about 40 minutes. Transfer flans to rack and cool. Chill until cold, about 2 hours. Cover and chill overnight. (Can be made 2 days ahead.)

To serve, run small sharp knife around flan to loosen. Turn over onto plate. Shake gently to release flan. Carefully lift off ramekin allowing caramel syrup to run over flan. Repeat with remaining flans and serve.