

THE CULINARY

Playground



Creme Brulee

Makes 3 individual desserts

2 egg yolks

4 T sugar, divided

2/3 c heavy cream

1/8 tsp salt

1/4 t vanilla

Fresh raspberries and mint for garnish

Preheat oven to 325°.

Begin boiling water on induction. This will be for the water bath.

Whisk the egg yolks and 2 tablespoons of sugar until combined. Set aside.

Heat the heavy cream and salt in a saucepan on the induction over medium-high heat until it comes to a simmer. Remove from heat and stir in vanilla. Carefully pour heated cream into egg yolk and sugar mixture while whisking to temper the eggs. Once warmed through, pour egg mixture into saucepan and whisk til combined. (If needed, pour custard through sieve to remove scrambled egg bits.) Pour into liquid measuring cup (makes 1 cup of custard).

Place ramekins into large baking dish. Pour custard mixture into each ramekin, distributing evenly. Very carefully and slowly take boiling water from induction and pour into the baking dish, careful not to get water onto custard. Water should be at least 1/2 " up the sides of the ramekins.

Bake for 16-18 minutes, centers will be very slightly jiggly and internal temperature will be 170° when done.

Take ramekins out of water bath in place on cooling racks for 10 minutes, then place into fridge to chill.

To brulee: Use remaining 2 T sugar (more if needed) to cover the custards. Be sure to have sugar covering every piece of exposed custard. Use kitchen torch to melt the sugar, or place in oven under broiler to melt sugar (watch carefully!). Serve with fresh fruit.

THE CULINARY

Playground



Chocolate Pudding

2-4 servings

1 Large Egg Yolk
1 tbsp. Cornstarch
1 c. Whole Milk, Divided
1/4 c. Sugar
1/8 c. Unsweetened Cocoa Powder
1/4 tsp. Salt
1 tsp. Chocolate Extract (or Vanilla Extract)

In a medium bowl, whisk the egg yolk for about 60 seconds until light yellow and increased in volume, then whisk in the cornstarch and about 1/4 cup of the milk.

Once smooth and incorporated, set aside.

Place the sugar, cocoa, salt, and remaining milk in a saucepan, and bring to a scald over medium-high heat, which is when the liquid is about 180-190°F. This is before the mixture comes to a boil, and in this stage you will see little bubbles start forming on the sides of the pan. Remove the pan from the heat and, while whisking constantly, dribble the hot cocoa into the egg cornstarch mixture very gradually. We are tempering so we don't scramble the eggs. Pour everything back into the saucepan and cook over medium high heat, whisking constantly, until the pudding comes to a full boil. Reduce the heat to a simmer and continue whisking for a couple minutes until the pudding is thickened.

Remove the pudding from the heat and stir in the chocolate or vanilla extract. Pour the pudding into a bowl and press plastic wrap directly on the surface of the pudding so a skin doesn't form. Refrigerate for an hour or two until chilled. Serve and enjoy!