



# STS Farms Recipe of the Month

## Vanilla Bean Crème Brûlée

**Makes:** 6 individual desserts § **Prep:** 20 minutes § **Bake/Cook:** 30 minutes plus chilling

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### Ingredients:

2 ¾ cups   680 mL	Whipping cream
1   1	Vanilla bean or 1 Tbsp. (15 mL) vanilla bean paste
4   4	Egg yolks
1   1	Egg
¾ cup   150 g	Granulated sugar, plus extra for the brûlée

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### Directions:

1. Preheat the oven to 325°F (160°C). Place six 6-ounce (180mL) ramekins in a large pan where the sides of the pan are higher than the ramekins.
2. Heat the cream in a saucepan on medium-low with the scraped seeds of the vanilla bean pod (and the pod, too, if you wish) if using vanilla bean paste, whisk it into the cream and heat. Heat the cream for about 5 minutes, watching carefully so that it doesn't boil over
3. In a bowl, whisk together the egg yolks, whole egg and sugar together. Whisk in the hot cream slowly, whisking constantly (but not overly vigorously) until it has all been added. Strain into a bowl and then ladle or pour it into the ramekins. If any small bubbles appear on the surface of the custard, use the corner of a paper owl to dab them off (the bubbles, if left on, prevent the brûlée from browning easily and evenly).
4. Pour boiling water carefully into the baking pan so that it comes just past halfway up the ramekins and carefully take this to the oven. Bake the custard for about 30 minutes, until they are set around the edges but still have a little jiggle to them when gently moved. Let the custard cool for 10 minutes in the water



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bath, then remove them using a tea towel or oven mitt to cool completely on a cooling rack. Chill the custards, uncovered, for at least 3 hours and up to a day.

5. To serve, sprinkle each custard with a thin layer of sugar. Carefully ignite a kitchen butane torch and caramelize the sugar by moving the torch back and forth over the custard, about an inch or two away from it. Sprinkle another thin layer of sugar over the first layer and torch it. Repeating another two times or until the desired caramel layer is achieved. Serve immediately.