

Crèmes brûlées (François Perret)

Ingrédients

- 1 vanilla pod
- 270g whole milk
- 170g egg yolks (about 10)
- 110g caster sugar
- 750g liquid cream (35% fat)

Préparation

1. A new recipe, very simple but nevertheless ultra gourmet, the « crème brûlée ».
2. But it's not just any recipe, this is a recipe by François Perret, pastry chef at the Ritz Paris.
3. As always, egg yolks, cream, milk, sugar and of course vanilla are the only ingredients needed to make this great classic.
4. If you like this dessert, I can only advise you to get started with this recipe, I loved the result, and I think it is the best crème brûlée recipe I have tested to date !
5. Not too sweet, great taste of vanilla, creamy.
6. The perfect texture and taste!
7. Bring the milk with the vanilla seeds to the boil.
8. Cover and leave to infuse for as long as you want (I recommend a minimum of 30 minutes, more if you can).
9. Then whisk the egg yolks with the sugar to whiten them.
10. Pour the hot milk over the egg yolks, stirring well, then immediately the cold cream.
11. Try to avoid incorporating air as much as possible when adding milk and cream (you can stir with a spatula or maryse instead of the whisk for example).
12. If necessary, pass the mixture through a screen, then fill your crème brûlée molds.
13. Cook them in the preheated oven at 90°C for 45 to 50 minutes.
14. Be careful, you have to adapt the time and temperature of cooking to your oven and your molds.
15. For example, I cooked them rather 1 hour with the second half hour at 95°C.
16. However, do not exceed 95°C otherwise you will have cream-omelettes!
17. Once out of the oven, let your crème brûlée cool down and then put them in the fridge for a few hours before sprinkling them with brown sugar and caramelizing them.
18. And now, enjoy !