

# Crème brûlée (Karim Bourgi)

## Ingrédients

- 110g whole milk
- 75g brown sugar
- 1 vanilla bean
- 90g egg yolks (about 5 yolks)
- 300g liquid cream with 35% fat

## Préparation

1. A vanilla creme brulee, who can resist it ?
2. This time I used Karim Bourgi's recipe, shared as always on his instagram account, even if I changed the cooking method a bit to get a result more to my taste.
3. I also reduced the quantities, to make a dessert for 4 people.
4. I advise you to put only of sugar in the cream.
5. Boil the milk with the vanilla and let it infuse for about 20 minutes, covering the pan.
6. Whisk the egg yolks with the brown sugar until the sugar is completely dissolved.
7. Then, pour the hot vanilla milk on the eggs, and finish by adding the cold cream.
8. Blend with a hand blender to obtain a smooth texture, then cover and place in the refrigerator for 3 hours.
9. For cooking, I did not do the method recommended by Karim Bourgi, I give you the two methods : preheat the oven to 100°C, then put the crèmes brûlées in a dish with water to make a bain-marie.
10. Bake for about 50 to 60 minutes depending on your oven.
11. He gave the result on video on his instagram account, explaining that he likes the ultra-creamy crème brûlée, with a texture that is still a little "liquid".
12. I prefer the crème brûlée a little more "set", so I followed my usual cooking technique when making this dessert : preheat the oven to 95-100°C, and bake the creams for about 1 hour without a bain-marie.
13. They are ready when you can put your finger (delicately) on them and feel a resistance.
14. In any case, be careful not to cook them too long and especially at too high a temperature, you risk having lumps in your creams!
15. When they come out of the oven, let them cool for a few minutes and then place them in the refrigerator for at least 3 hours.
16. Sprinkle with sugar and caramelize with a kitchen blowtorch before enjoying !