

Air Fryer Crème Brûlées

Ingrédients

- 1 vanilla pod
- 270g of whole milk
- 170g of egg yolks (about 10)
- 110g of granulated sugar
- 750g of whole liquid cream

Préparation

1. For some time now, small appliances have taken place in many of our kitchens, I am of course talking about Air Fryers.
2. Like (probably) many of you, I have a model, and while I find it very convenient for vegetables and other gratins, I wanted to test it in a pastry version!
3. Heat the milk with the scraped vanilla seeds and pod.
4. Cover and let infuse as much as possible, minimum 30 minutes.
5. Whisk the egg yolks with the sugar.
6. Then add the infused milk, removing the vanilla pod, and finally the cold liquid cream.
7. Place in the Air Fryer equipped with the grill.
8. I've tested several cooking methods, here are my tips: if you want rather firm cream, cook them at 90°C for 50 minutes then at 100°C for 15 minutes.
9. If you want them creamier, 100°C for 45 to 50 minutes.
10. Chill for several hours in the refrigerator, then sprinkle with brown sugar and caramelize the creams with a blowtorch before enjoying!