

Catalan cream

Ingrédients

- 400g whole milk
- 300g heavy cream
- 1 pinch (or more) ground cinnamon
- 100g egg yolks (5 to 6 yolks)
- 85g sugar
- 23g cornstarch

Préparation

1. I have already made several crème brûlée recipes, so this time I wanted to change things up and offer you its Spanish cousin, the Catalan cream.

2. While they may look similar at first glance, the two creams actually have quite a few differences: here, unlike crème brûlée, no oven baking but rather cooking on the stove with cornstarch in the style of pastry cream; also, no vanilla but a cinnamon/lemon/orange mix, though of course you can flavor it as you like. Ingredients: I used cinnamon Koro: code ILETAITUNGATEAU for 5% off the entire site (not affiliated).

3. Equipment: Whisk Preparation time: 15 minutes + cooling For 6 to 8 creams depending on the size of your ramekins: Ingredients: whole milk heavy cream 1 pinch (or more) ground cinnamon The zest of one orange The zest of one lemon egg yolks (5 to 6 yolks) sugar cornstarch As needed sugar for caramelization Recipe: Heat the milk with the cream, cinnamon, and orange and lemon zest.

4. Meanwhile, whisk the egg yolks with the sugar and cornstarch.

5. Pour the hot liquid over it while whisking well, then pour everything back into the saucepan and thicken over medium heat, whisking constantly.

6. When the cream has thickened, pour it into the ramekins, smooth the surface and place them in the refrigerator until completely cooled.

7. When ready to serve, sprinkle them with granulated sugar and caramelize them with a blowtorch; let the caramel layer crystallize for a few seconds, then enjoy!