



Crema Catalana - a great dessert

Crema Catalana is typical of Catalonia, but found in good restaurants all over Spain. It's essentially a light custard, caramelized on top. It's easy enough to make and a real treat.

Ingredients:

1 liter milk

8 egg yolks

10 soup spoons sugar
(6 for the Crema, 4 to burn)

Peel of a lemon

1 1/2 to 2 soup spoons corn starch

Preparation:

Put milk on to boil with 4 spoons sugar and lemon peel.

Meanwhile, beat egg yolks, 2 spoons sugar and corn starch in a bowl until smooth.

When milk just reaches a boil, spoon hot milk and slowly over the egg-sugar-corn starch mixture. Once this is done, return mixture to the saucepan and cook slowly for 5 minutes, stirring constantly with a wooden spoon.

Once cooked, strain into individual servings and chill.

Once chilled, sprinkle with sugar and caramelize with a red-hot iron or a blowtorch.

Note: In Spain you can find round patterned flat irons with a handle, especially made for the task of caramelizing (burning) the sugar on top. While these make a prettier pattern, any hot piece of iron (poker, etc.) will do the job.

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