

Crème Brulee with Tahitian Vanilla Ice Cream

(measurements are approximate)

(serves 8)

Ingredients Crème Brulee:

¾ cup + 2 TBSP milk
1 quart cream
1 ½ cup sugar
12 egg yolks
1 cinnamon stick
1 vanilla pod (bean)

Preparation:

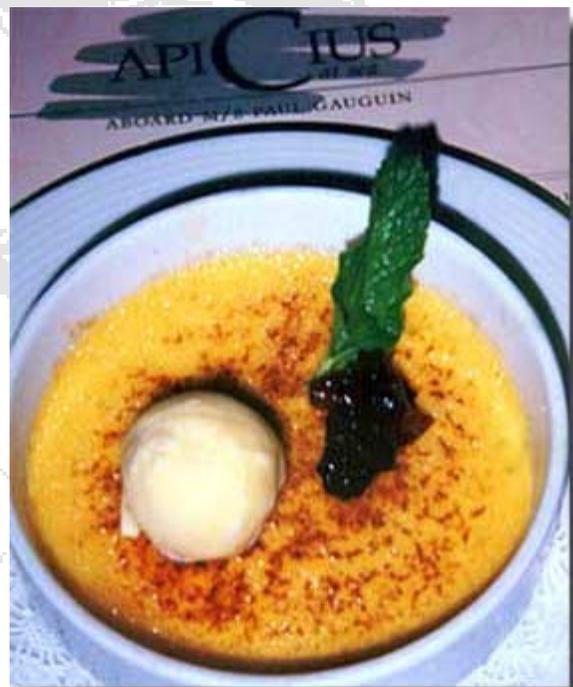
Mix egg yolks with the sugar until smooth and clear yellow. Boil the milk and the cream with the cinnamon and vanilla. Combine the eggs/sugar mixture with the boiling cream/milk.

Ingredients Candied Fruit:

1 ½ ounces dried apricots
1 ½ ounces prunes
3 ounces pineapple
1 ½ ounces raisins (dried grapes)
6 ounces honey

Preparation:

Heat honey in sauce pan until you obtain a “blond “ caramel
Add diced fruit and cook approximately 10 minutes (while fidgety)



Cooking the Crème Brulee

Begin with 8 ramekins. Place candied fruit in the bottom of each ramekin and cover with the crème brulee mixture. Bake in a 212°F (100°C) oven for 1 hour. Preserve in refrigerator until ready to serve.

Finishing the Crème Brulee

Make a mixture of cinnamon and sugar, then sprinkle some on top of each crème brulee. Finish with blow torch to caramelize the sugar on top. Serve with homemade vanilla ice cream and candied fruit.

Ingredients Vanilla Ice:

16 ounces (1 pint) milk
6 egg yolks
½ cup sugar
1 Tahitian vanilla bean
ice cream maker

Preparation:

Boil milk with the vanilla bean.

Mix egg yolks with sugar until smooth and clear yellow.

Add boiling milk to egg mixture and cook on low heat for about 3 minutes.

Cool mixture very quickly in an ice water bath and transfer to your ice cream maker.