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Austin Country Club
Recipe from April/May 2013 *Fore*

Honey Lavender Crème Brûlée

Serves 6

Crème Brûlée is a classic dessert that has great versatility. It's a wonderful dessert that can really impress. Here I have created a crème brûlée using Texas ingredients. If you don't have a blow torch, placing the ramekins under the broiler works well. Be sure to bake these desserts one day in advance as they need to chill over night.

Ingredients

3 cups heavy cream
½ teaspoon vanilla extract
½ teaspoon dried lavender flower
2 ounces honey
6 egg yolks
3 ounces sugar
¼ teaspoon salt

Method

In a heavy, non-aluminum pot, heat the cream, vanilla, lavender, and honey over low heat. Bring to a light simmer, and simmer for 15-20 minutes, stirring occasionally. Do not boil.

In a glass or stainless steel bowl, whisk egg yolks, sugar, and salt. Take the cream off of the heat and slowly whisk in the yolk and sugar mixture. Strain through a chinois (a very fine strainer) or cheesecloth. Pour equal amounts into 6 ramekins. Place ramekins in a baking dish and fill with hot water, about 1/3 of the height of the ramekins. Cover pan with foil and bake at 300° for about 15-20 minutes, depending on ramekin size. Check often. The custard should be firm and should move as a whole when jiggled. You are looking for the consistency of Jello or baked cheesecake, with no liquid centers. Do not over bake. Remove from oven and chill overnight.

The next day before serving, sprinkle the top of each custard with a fine layer of sugar. Carefully, on low setting, heat the tops with a blow torch. Let dry. Repeat again for a nice, brown caramelized top. If you don't have a blow torch, use a heavier layer of sugar and place ramekins under a broiler to brown.