



Mini Crema Catalana

Yeild: 40

Ingredients:

48 Ounces (1.5 quarts) Whole Milk
Zest of 1 Lemon
Zest of 1 Orange
3 Cinnamon Sticks
1.5 t. Almond Extract
12 Egg Yolks
9 T. Sugar
Freshly Grated Nutmeg
5 T Cornstarch
Sugar for Torching

Equipment:

Tasting Spoons
Small Ring Mold Cutter
Sterno Culinary Torch

Procedure:

- 1) In a medium saucepan, add the milk, lemon and orange zest, almond extract and cinnamon sticks; bring to a boil. Simmer for 10 minutes, then strain into a clean pot (you want to remove the zest, orange/lemon zest and cinnamon). Place back on heat and bring to simmer.
- 2) Beat the egg yolks and 9 tablespoons of sugar until thick and lemon colored. Add nutmeg and then whisk in the cornstarch. Stir in 1 cup of the simmering milk and whisk to combine. While whisking, carefully add the egg mixture to the milk in the saucepan; cook over medium heat, stirring constantly, for about 8 minutes, or until mixture has thickened and has no cornstarch taste.
- 3) Do not let the mixture boil. Stir vigorously to release steam. Pour the custard through a fine mesh strainer into a half sheet pan. Let cool. Cover and refrigerate for 24 hours.
- 5) Using small ring mold cut individual Crema Catalanas and place on tasting spoons. Sprinkle with sugar and brule the sugar using the Sterno Culinary Torch.