

BLUEBERRY CRÈME BRÛLÉE



INGREDIENTS

Heavy Cream	1 L
Vanilla Bean, split & scraped	1/2
Granulated Sugar	130 g
Egg Yolks	12
BC Blueberries	250 g
Granulated Sugar	

DIRECTIONS

1. Pre-heat oven to 345F or 160C.
2. Heat heavy cream with vanilla beans in a medium sauce pan over medium heat until steam rises from the pot and small bubbles can be seen on the side.
3. Mix granulated sugar and egg yolks until just combined.
4. Add the cream mixture, very slowly at first, to the egg mixture. This process is called tempering. As the egg mixture becomes warmer, begin to add the cream a little quicker until everything is fully combined.
5. Strain the mixture to remove vanilla pods and any cooked egg that may be present. Arrange ramekins in a hotel pan or a roasting pan. Place a few blueberries in the bottom of the dishes. Fill the ramekins with the custard mixture. Place pan in the preheated oven. Fill the pan with hot water until the level is two thirds the way up the ramekin dishes. Bake for 35-45 minutes or until centers have a slight jiggle.
6. Remove pan from the oven and place in the fridge.
7. When custards are completely cooled, sprinkle the top with a thin even layer of granulated sugar.
8. Using a torch, caramelize the sugar until a deep golden brown color.
9. Top with three fresh BC Blueberries and serve.