

Crème Brûlée

/ SUBMITTED BY CS2 THOMAS MILDRUM, USCG

SERVES 12



/ INGREDIENTS

16 large egg yolks
1 teaspoon kosher salt
2 cups granulated sugar (divided)
1 quart heavy cream
2 tablespoons vanilla bean extract
(or use vanilla bean paste)
Water

/ EQUIPMENT

1 large mixing bowl
1 large whisk
1 quart measuring cup
1 set of measuring spoons
1 cup measuring cup
1 full shallow pan
12 6-oz. porcelain soufflé dishes
1 butane torch



/ DIRECTIONS

1. Preheat oven to 225 degrees.
2. Separate the 16 large egg yolks and place the yolks into the large mixing bowl. Whisk until smooth.
3. Add one cup sugar and kosher salt to the egg yolks, whisk until smooth.
4. Once smooth, whisk in heavy cream gradually until the mixture is blended and smooth.
5. Add the vanilla and that will complete the crème brûlée mix.
6. Set cream mixture aside and place porcelain dishes inside the full shallow pan. Slowly add water to the pan. The pan should be half-full around the porcelain dishes.
7. Give the crème mixture one more whisk, and pour it into the 1-quart measuring cup, filling it 3/4 full. Pour the mixture evenly into the porcelain dishes and be mindful not over fill them.
8. Place the full shallow pan with the dishes of crème gently on the middle rack of the oven and bake at 225 degrees for approximately one hour. Rotate the pan at the 30-minute mark to ensure even cooking.
9. Once the crème is set take the pan with the porcelain dishes out of the oven and set it on a dry towel on the countertop to cool. After 15 minutes, remove them from the water and set them aside cool in the refrigerator for up to three hours.
10. Once the crème is cooled, sprinkle the remaining one cup of granulated sugar over the top of the of each dish.
11. Melt the sugar into a hardened, caramelized layer using the butane torch. It will add a nice crunch to the smooth custard. If you don't have a torch, use one cup of honey to 1/2 cup water and heat until the mixture is boiling and pourable.
12. Garnish with fresh berries and a sprig of mint and you'll be the talk of the town with this dessert!

/ ABOUT THE CHEF

Petty Officer Mildrum is assigned to the Coast Guard Cutter *Katmai Bay*, a 140-foot ice-breaking tug. The cutter is homeported in Sault Ste. Marie, Mich.