



Recipe from: [My Catholic Tradition](#)

### **Baked Custard with Burnt Sugar (or Crème Brûlée)**

You can buy vanilla sugar or make your own by placing a split vanilla pod (bean) in a jar of caster(superfine) sugar—the sugar will be ready to use after a couple of days.

Make the custard a day before you wish to eat them and chill overnight, so that they are really cold and firm.

SERVES SIX

4 cups double (heavy) cream

6 egg yolks

1/2 cup vanilla sugar

1/3 cup soft light brown sugar

Preheat the oven to 300°F.

Place six 1/2 cup ramekins in a roasting pan or ovenproof dish.

Set aside while you prepare the vanilla custard.

Heat the double cream in a heavy pan over a gentle heat until it is very hot, but not boiling.

In a bowl, whisk the egg yolks and vanilla sugar until well blended.

Whisk in the hot cream and strain into a large jug (pitcher).

Divide the custard equally among the ramekins.

Pour enough boiling water into the roasting pan to come about halfway up the sides of the ramekins.

Cover the pan with foil and bake for about 30 minutes, until the custards are just set. (Push the point of a knife into the center of one: if it comes out clean, the custards are cooked.)

Remove from the pan, cool and then chill.

Preheat the grill (broiler).

Sprinkle the sugar evenly over the surface of the custards and grill (broil) for 30—60 seconds, until the sugar melts and caramelizes, taking care not to let it burn.

Place in the refrigerator to chill and set the crust.