

PISTACHIO CRÈME BRÛLÉE



BRUNO ALBOUZE

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Pistachio Crème Brûlée Recipe

Serves 4 to 6.

2 cups (500ml) heavy cream

1 vanilla bean, snap out seeds or 1 tsp (5ml) vanilla extract

1/3 cup (75g) sugar

6 ea. (120g) egg yolks.

1/3 cup (80g) pistachio paste.

Method

Heat up heavy cream and vanilla; almost to the boiling stage. Remove from the heat – cover and let infuse for 30 min. Meanwhile, beat yolks and sugar. Mix hot cream and yolk mixture. Add pistachio paste; mix well and pass through a sieve pressing down the vanilla bean. Rinse vanilla pod and dry out for garnishing. At that point, the creme brulee mixture can be stored in the refrigerator for up to 4 days before being baked.

Pistachio Paste

5.3 ounces (160g) skinned pistachios, lightly toasted

A few drops of almond extract (it enhances the pistachio flavor)

1.3 Tbsp (20ml) peanut or grape seed oil.

Method

Toast pistachio in a 300°F (150°C) oven for about 10 minutes. In a food processor, puree warm pistachios along with oil and almond extract. Process until completely smooth. Set aside. Pistachio paste* can be kept refrigerated for weeks.

*Pistachio paste (preferably unsweetened) and almond extract can be found in some grocery stores and online.

Baking

Preheat oven to 325°F (165°C). Place the ramekins or a single casserole dish in a baking pan or a large skillet. Stir up custard before pouring into ramekins. Blowtorch bubbles left on the surface. Carefully pour boiling water into the pan to come halfway up the sides of the ramekins and bake for 45 minutes. Then, turn off the oven and continue baking if the center of the creme brulee isn't set (it will most likely occur if using a casserole dish). It should jiggle slightly in the center. Remove from the oven and transfer creme brulee onto a kitchen towel to cool. Refrigerate overnight before serving.

To serve, spread 1 tablespoon of sugar (per serving) evenly on the top of each ramekin and heat with a kitchen blowtorch until the sugar caramelizes evenly; rotate rameking constantly to ease the process. Garnish with a couple of dark chocolate disks, crushed pistachios and a dry vanilla pod if desired. Enjoy!

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