

Crema Catalana

Serves 4

Catalonia's famous custard, scented with cinnamon and lemon and finished with a caramelised sugar crust.

Ingredients

- 3 egg yolks
- 4 tablespoons sugar
- 1/2 litre milk (1 pint)
- Half a cinnamon stick
- 1-3 pieces of lemon peel
- 2-3 tablespoons cornflour (cornstarch)
- A little extra sugar, to caramelise

Method

- 1** Beat the egg yolks, then whisk in the sugar and cornflour. Mix for a couple of minutes to cream the sugar.
- 2** Place the milk in a saucepan with the cinnamon and lemon peel. Bring to the boil, then remove from the heat and take out the peel and cinnamon.
- 3** Once the milk has cooled a bit, whisk it into the egg mixture.
- 4** Dissolve the cornflour with a little milk and whisk it into the mixture.
- 5** Place the mixture over medium heat and cook, stirring constantly, until it begins to boil. It should be thick right before boiling.
- 6** Pour the custard into a pudding bowl or smaller individual bowls and let it cool before placing it in the fridge.
- 7** Before serving, sprinkle a little sugar on top and caramelise it under a hot grill briefly until the sugar melts and turns brown, or use a kitchen torch.