



CHARDONS

Dessert - Orange crème brulee

(V), (VG), (LF)



Serves 4

Recipe Ingredients

- 50g corn flour
- 420 ml soya milk
- 2 oranges (zest, segments and juice)
- 1 tbsp golden syrup
- To garnish
- 4 orange segments
- Extra brown sugar for caramelising



Morning preparation

10.30am

1. In a medium size saucepan weigh out the corn flour
2. Whisk in the soya milk gradually to avoid lumps and use a spatula to go around the edges making sure there is no clumps
3. Zest in the both the oranges and half length ways, slicing off sides so the segments are showing (see video)
4. Take out 4 segments and set aside on an oven tray or cake tin (must be metal)
5. Squeeze the rest of juice into the pan and begin to cook the mixture slowly almost continually mixing with your spatula (bottom cooks quicker than the top)
6. Cook until thickness of custard and then pour mixture into 4 white ramekins making sure all evenly filled. Allow to cool a little and then place in the fridge for the evening
7. Take orange segments and lightly sprinkle with brown sugar. Using your blow torch, caramelize the segments and set aside for the evening

Evening preparation

8.00pm

1. Sprinkle a good amount of brown sugar on each brulee portion and caramelize with the blowtorch
2. Place the caramelised orange segment on top centrally and place ramekin on side plate with napkin to stop ramekin moving around