

Maple Syrup Crème Brulée

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8 years of service in DFAIT

Ingredients / Ingrédients

- 1 teaspoon of vanilla
- 2 cups (500 ml) of whipping cream
- 6 egg yolks
- ¼ cup of maple syrup
- ¼ cup of maple sugar
- Fresh seasonal fruit and mint leaves for garnish

Instructions

- Combine vanilla and cream in a small sauce pan. Heat gently until steaming, stirring frequently. Cool 10 minutes, strain.
- In a medium bowl, whisk egg yolks and maple syrup until thoroughly blend; stir in warm cream. Divide custard among 6 to 8 (1/2 cup) ramekins. Line a large baking pan with paper towel. Arrange ramekins on top and add enough very hot water to come half way up the sides of ramekins.
- Bake in preheated 300°F (150°C) oven for 35 minutes or until custard is set but still creamy. Do not let the water boil. Refrigerate custard until chilled.
- Up to 1 hour before serving, sprinkle custard with maple sugar, carefully broil or blow torch until sugar is melted and darkly. Garnish with fresh fruits and fresh mint leaves. Serve immediately on a napkin lined dessert plate.