

# Catalan cream infused with citrus fruits and maple syrup

## Recipe for 4 portions

### Description

A cream that looks like a crème brûlée at first glimpse... to be continued !

### Note

Catalane cream is cooked on the stove and a crème brûlée is cooked in the oven.

The reason we add the sugar after boiling the milk is to not concentrate the sugar too much, so that our final product is not too too sweet.

### Ingredients

#### Catalan Cream with maple

- 375 Ml Milk
- 0.50 Unit(s) Orange zest(s)
- 0.50 Unit(s) Lemon zests
- 40 Gr Sugar
- 35 Ml Maple syrup
- 3 Unit(s) Egg yolk
- 1 Tbsp Cornstarch

#### Finishing touches

- 1 Tbsp Sugar
- 1 Tbsp Maple sugar

### Preparation

- Preparation time **30 mins**
- Resting time **40 mins**

#### Prep with the chef

Clarify the eggs (separate the white from the yolk)

Grate the lemon and orange zests, keep them in the refrigerator.

For the finishing touch, mix together the sugar and the maple sugar, keep it on the counter.

Pour the milk into a saucepan, add the citrus peels and place the saucepan over medium heat. Once the milk is boiling, remove it from the pan and add the sugar, stirring with a whisk until the sugar is completely dissolved.

In a bowl, whisk the yolks and maple syrup, then the cornstarch, once the mixture is smooth, add the hot milk through a sieve (to retain the zest). Whisk well again.

Return to medium heat, whisk over the entire surface, the mixture will thicken, at the first simmer stop cooking.

Pour the cream into the ramekins, place them in the refrigerator.

#### Finishing touches

Once the creams are warm or cold, spread a thin layer of the mixture (sugar/maple sugar) on the

surface, caramelize the surface with a blowtorch or with the oven broiler.  
Enjoy.

**Bon appétit!**