



Crema Catalana



Recipes from Ainsley Harriott's Mediterranean Cookbook, published by Ebury Press.



Crema Catalana



is a Spanish



dessert



flavoured with



cinnamon.



Originally from



catalonia



and popular



all over



Spain.



I



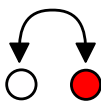
like



to serve with



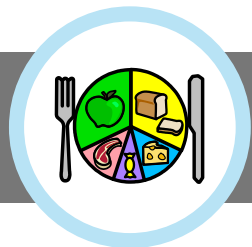
raspberries



or



figs.



Meal information



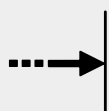
Preparation time



Cooking time



Serves



Up to



forty five minutes

2

A couple



of hours



Up to six people



Ingredient List



500ml whole milk



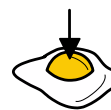
pared zest of 1 large lemon, pith removed



pared zest of ½ orange, pith removed



1 cinnamon stick, broken in half



6 egg yolks



60g caster sugar



1 1/2 heaped tbsp cornflour (use less if you prefer a runnier consistency)



4–6 tbsp light brown sugar



fresh raspberries, to serve (optional)



mint sprigs, to serve (optional)



Equipment List



heavy-based
saucepan



hob



bowl



whisk



slotted spoon



wooden spoon



up to 6 serving
dishes



fridge



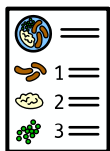
blowtorch
(or grill)





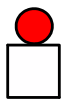


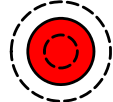

peeler

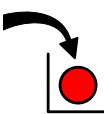







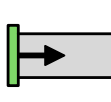

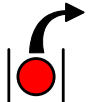

up to 6 dessert
spoons




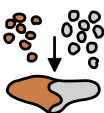





Method



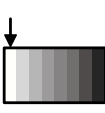
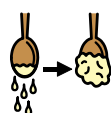
 Put
  the saucepan
  on a
  low
  to
  medium
  heat.

 Add
  the milk,
  pared lemon zest,
  pared orange zest
  and cinnamon.

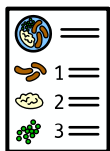
 As the pan
  begins
  to boil
  remove from
  the heat.

 Wait
  20 minutes
  for the flavours
  to infuse.



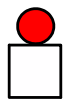



 While
  waiting,
  beat
  the egg yolks,
  sugar
  and corn flour.

 The mixture
  should be
  pale,
  thick and creamy.


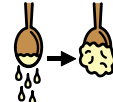

 Remove
  the cinnamon
  and zests
 
 from the pan
  with a slotted spoon.



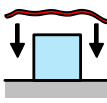

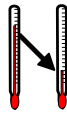


Method

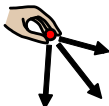

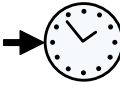

 Put
  the pan
  on a
  very
  low
  heat.


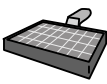



 Slowly
  add
  the egg mixture
  and whisk for
  8
  to
  10
  minutes.

 It should be
  thick enough to
  coat the back of a spoon.

 remove
  the pan
  from the heat
  and pour into
  dishes.




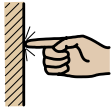
 Cover
  the dishes
  and cool
  for a couple
  of hours.

 Sprinkle with
  brown sugar
  and blowtorch
  until
  golden brown.



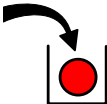


 You can
  use the grill
  if
  you don't have
  a blowtorch.





Method

 The sugar on top should harden.

 You can also add raspberries and mint sprigs.

 Serve immediately.