

Geleneksel İspanyol Tatlısı Krem Katalan

Traditional Spanish Crema Catalana with citrus zest and cinnamon. Silky custard topped with caramelized sugar - easier than crème brûlée!

10 min

HAZIRLIK

40 min

PIRME

50 min

TOPLAM

6

PORSIYON

Medium

ZORLUK

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Malzemeler

- 17 oz milk
- 1 orange
- 1 lemon
- 1 cinnamon stick
- 1 vanillin
- 7 egg yolk
- 3 oz granulated sugar
- 1 tsp corn flour

Yapılışı

- Infuse the milk**

Combine 17 oz milk, orange zest, lemon zest, and cinnamon stick in a heavy-bottomed saucepan. Heat over medium-low heat until small bubbles form around the edges, about 5-7 minutes.
- Remove from heat and let steep for 15 minutes to develop the citrus and cinnamon flavors. Strain through a fine-mesh sieve, discarding the solids.
- Make the custard base**

Whisk 7 egg yolks, 3 oz sugar, and 1 tsp cornstarch in a large bowl until the mixture is pale yellow and completely smooth, about 2 minutes.
- Return the strained milk to the saucepan and heat over medium heat until steaming but not boiling, about 3-4 minutes.
- Cook the custard**

Slowly pour the hot milk into the egg mixture while whisking constantly to prevent the eggs from curdling. Pour in a thin, steady stream.
- Return the mixture to the saucepan and cook over medium-low heat, stirring constantly with a wooden spoon, until thick enough to coat the back of the spoon, 5-7 minutes. The custard should reach 170°F (77°C) but never boil.
- Chill the custards**

Divide the custard evenly among 6 ramekins and press plastic wrap directly onto the surface to prevent a skin from forming. Refrigerate for at least 4 hours or overnight until completely set.

Caramelize the tops

Remove plastic wrap and sprinkle 1 tablespoon of sugar evenly over each custard surface. Use a kitchen torch to caramelize the sugar until golden brown and crispy, about 30-60 seconds per ramekin.

puçlar?

Strain the custard through a fine-mesh sieve before pouring into serving dishes to ensure perfectly smooth texture and remove any lumps or cooked egg bits.

Use a heavy-bottomed saucepan to prevent hot spots and ensure even heat distribution during cooking, which helps prevent the custard from sticking or burning.

Test the custard's doneness by coating the back of a wooden spoon - it should leave a clear line when you draw your finger across it, indicating proper thickness.

For the smoothest caramelized sugar topping, use superfine or caster sugar rather than granulated sugar, as it melts more evenly and creates a more uniform crust.

Chill the custards for at least 4 hours or overnight before serving - this not only improves the texture but allows the citrus and cinnamon flavors to fully develop and meld together.

If you don't have a kitchen torch, place the sugar-topped custards under a hot broiler for 1-2 minutes, watching carefully to prevent burning.

Save the egg whites for making meringues or macarons - they'll keep in the refrigerator for up to one week or can be frozen for up to three months.

Warm the milk gently and avoid boiling to prevent a skin from forming on the surface, which could create lumps in your final custard.