

Ruby Grapefruit Crème Brûlée



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Desserts, Vegetarian



Ingredients

- 5 egg yolks
- 50g castor sugar
- 500ml pure cream
- 1 tbsp ruby grapefruit zest

Method

1. Preheat oven to 160°C whisk the egg yolks and sugar until pale and creamy, set aside. Place the cream and ruby grapefruit zest into a saucepan and gently heat.
2. Strain the cream mixture into a bowl and then add to the egg yolk and sugar mixture. Pour into individual oven proof containers and place into a baking dish.
3. Pour hot water into the baking dish until the water comes half way up the individual dishes. Cook in the oven for 20 minutes or until just set.

4. To finish the brûlée: Dust the tops with pure icing sugar and place under the oven grill or burn with a torch until golden.

Ruby grapefruit and basil salsa:

- 1 ruby grapefruit
- 1 small sprig of fresh basil
- 2 tbsp castor sugar

1. Remove all the skin and pith from the flesh of the grapefruit and finely dice.
2. Place into a bowl and add the shredded basil and sugar. Gently mix together.
3. Serve a small amount of the ruby grapefruit and basil salsa beside the brûlée.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium
153g	2300kJ 550kcal	5.6g	52.4g	31.9g	15.1g	15.1g	36mg

All nutrition values are per serve.