



Crema Catalana

This classic Spanish dessert is very popular in Sardinia, a reminder of the Catalan influence there. I like the traditional flavourings of cinnamon and lemon zest; orange zest appears in some recipes and Giovanni adds a pinch of saffron (which grows in Sardinia) and a vanilla bean to his, so feel free to be inspired.

Serves 4



INGREDIENTS

- 4 egg yolks
- 1 tablespoon cornflour (12g/½oz)
- ¾ cup castor sugar (165g/5¾oz)
- 1 cinnamon stick
- 1 lemon
- 2 cups full-cream milk (500ml)

METHOD

1. Whisk egg yolks, cornflour and ½ cup of the sugar together in a saucepan until pale golden and smooth.
2. Break in the cinnamon stick and grate in the lemon rind.
3. Add milk and whisk to combine well.
4. Place over a low-medium heat and stir constantly until it thickens enough to coat the back of a wooden spoon (see FAQ on our website for more detail).
5. Remove from heat and continue stirring for a minute or so to cool it slightly.
6. Strain into 4 shallow, heat-proof 1-cup (250ml) moulds and refrigerate for a few hours until set, ideally overnight.
7. Sprinkle remaining sugar over the custards and use a kitchen blow torch to caramelize it.
8. Return to fridge until ready to serve; the toffee topping will stay crisp for a few hours.