

# Four Ingredient Crème Brûlée



Four Ingredient Crème Brûlée: Only four ingredients are all it takes to create this restaurant-worthy crème Brûlée.

Eggs, cream, sugar, and vanilla come together to make this classic, elegant dessert with a rich, silky custard and a crisp caramelized sugar top.

## **What is crème Brûlée?**

Crème Brûlée is a traditional French dessert featuring a smooth vanilla custard base topped with a layer of caramelized sugar that's torched until crisp and golden.

You can brown the sugar in your oven broiler or use a kitchen torch, another way is to heat up a metal spoon and touch the sugared tops a few times, with the back of the spoon.

What ever method you use to caramelize the sugar topping, it is best that the custards are chilled before hitting the tops with heat. To add another depth of flavor,

I caramelized some sliced strawberries by cooking them in 2 tablespoons of sugar for 10 minutes, and topped the Creme Brule with them. you don't have to.

This dessert is easy, quick and delicious, it's a special dessert but it's so easy you'll want to make it often.



Using the right size ramekins is important to ensure even cooking, I use 6 oz. ramekins and be sure the baking pan is deep enough for the water to bath the ramekins 3/4 of the way up.

I don't know about you, but for me I like simple, easy desserts that taste delicious, come together in less than an hour, but has your friends thinking it took hours, this is one of those desserts. It's simple and so delicious you'll want to make it often.



If you like easy desserts that are easy, use few ingredients and delicious try my classic Italian zabaglione recipe

If you make this 4 ingredient Creme Brulee dessert, please leave me a comment and tag me on Instagram.

### **Ingredients**

4 egg yolks

2 cups heavy cream

1 vanilla bean or 1 tablespoon vanilla extract

1 cup sugar divided reserve 1/2 cup for topping

### **Instruction**

Heat oven to 350 degrees

Heat cream and vanilla bean until hot but not boiling

Remove vanilla bean if using vanilla extract add it now

Beat egg yolks and 1/2 cup sugar

Slowly pour heated cream into egg and sugar mixture

Whisk until well blended

Pour mixture into 4 6- ounce ramekins and place in a baking dish

Fill baking pan 3/4 of the way with boiling water

Bake 30 to 40 minutes or until centers are set...chill

Before serving sprinkle each custard with remaining sugar broil until sugar is hardened and caramelized....Enjoy!!!!

