

Crème Brulee



Serves 8

Ingredients:

- 4 large egg yolks
- 3 tbsp granulated sugar
- 2 cups whipping cream
- 1/3 packed brown sugar
- 4 cups cut-up fruit

Procedure:

- Beat egg yolks in medium bowl with electric mixer on high speed for about 5 minutes or until thick and lemon colored.
- Gradually beat in granulated sugar.
- Heat the whipping cream in a saucepan over medium heat just until hot.
- Gradually stir at least half of the hot cream into egg yolk mixture; stir back into hot cream in saucepan.
- Cook over low heat 5 – 8 minutes, stirring constantly until mixture thickens.
- Pour custard into ungreased pie plate.
- Cover and refrigerate at least 2 hours.
- Set oven control to Broil.
- Sprinkle brown sugar over custard.
- Broil, with the top about 5" from heat, for about 3 minutes or until the sugar is melted and forms a glaze.
- Spoon over the fruit.
- Refrigerate any remaining dessert.

Per serving:

- Calories: 305
- Protein: 3 gm
- Carbohydrates: 27 gm
- Fat: 21 gm

This is a breath-taking dessert!