



MONTHLY RECIPE - JANUARY 2016

Crème Brulee, doughnuts & pomegranate



Ingredients

Brulee

500ml Double cream

100g Sugar

6 Egg yolks

Vanilla pod

Doughnuts

(Starter)

60g milk

5g yeast

40g plain flour

1 tbsp Vanilla essence

(Dough)

75g Flour

20g Caster

Salt

25g Butter(melted)

1 egg (beaten)

Method

For the Brulee, whisk the egg yolk, sugar & vanilla together in a bowl and then stir in the double cream. Pour into ramekins & cook at 110°C for 1 hour.

For the doughnuts, start by mixing the milk, yeast, 40g of plain flour and vanilla together and leave to ferment.

After 40/50 minutes the starter mix should have doubled in volume, then mix with the rest of the ingredients and proof again for 40 minutes.

Next, roll the dough out, cut into discs and fry in rapeseed oil at 150°C for 5 minutes, then turn each one over and cook for a further 5 minutes.

Cool on a cooling rack and then roll in caster sugar.

To serve, glaze the brûlée with caster sugar and a blowtorch, warm the doughnuts in an oven for a couple of minutes and sprinkle with pomegranate seed.

Enjoy!