

Corn Crème Brûlée

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6-8 servings

Ingredients:

¼ cup white granulated sugar, plus 1 tablespoon, divided

¼ vanilla bean, scraped

2 cups heavy cream

1 corn on the cob, kernels removed and cob chopped

Pinch of salt

3 large egg yolks

Method of Preparation:

1. Preheat oven to 300 degrees
2. In a small bowl, mix together two tablespoons of sugar with the vanilla bean seeds until they are evenly dispersed throughout the sugar.
3. In a small saucepan, combine heavy cream, corn kernels, chopped cobs, salt, and vanilla sugar. Bring to a simmer; immediately turn off the heat, cover and allow to steep for 30 minutes. Once steeping time has passed, pour the cream through a sieve, pressing the kernels with the back of a wooden spoon so they can release any liquids.
4. In a separate bowl, whisk together the remaining sugar (3 tablespoons) and egg yolks. Temper the mixture by ladling about ¼ cup of the warm cream mixture into the egg yolks, whisking the entire time. Add remaining warm cream mixture and whisk until completely combined. Pass the mixture through a fine-mesh sieve to catch any egg bits that might have become solid. Divide the custard between ramekins.
5. Place ramekins in a large baking dish. Transfer baking dish to the rack of the oven and then, using a kettle, pour enough water into the baking pan so it reaches about half way up the sides of the ramekins. Bake for 35-40 minutes, until firm but still jiggly. Carefully remove the warm ramekins and allow to cool slightly on the kitchen counter before transferring them to the fridge to chill for 2-3 hours.
6. Sprinkle about one-and-a-half teaspoons of sugar over each custard. Using a torch, that's about 1-2 inches above the surface of the custard, consistently move the flame until the sugar bubbles, turns a light golden brown and creates a smooth surface. Serve promptly.



Nutritional Analysis:

Calories: 280

Carbohydrates: 9 g

Sodium: 20 mg

Protein: 3 g

Fat: 27 g

Fiber: n/a

Note: Sugars: 9

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07.31.17 "One Vegetable Five Ways: Corn"

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