

## Crema Catalana



**PREP TIME**

5 MINS



**COOK TIME**

15 MINS



**TOTAL TIME**

20 MINS



**SERVES 6 PEOPLE**



**EASY**



## Ingredients

1 litre of whole milk  
100g caster sugar, plus extra for glazing  
8 egg yolks  
30g corn flour  
1 orange, peel only  
1 lemon, peel only  
1 cinnamon stick

## Method

Heat the milk in a medium size saucepan, along with the citrus peels and the cinnamon stick. Bring to the boil, remove from the heat, cover and allow the milk to infuse for 10 minutes.

While the milk is slowly heating, beat the egg yolks with the sugar, until the mixture turns thick and pale yellow. Dissolve the cornflour in a splash of cold water and add to the egg and sugar mix and mix well.

Remove the citrus peels and cinnamon stick from the milk and pour through a fine sieve into the egg mix. Return the mix to the pan and place on a low heat, making sure to keep stirring so that the eggs don't scramble! Stir constantly over a low heat, until the mixture has thickened.

Remove from the heat and pour the mixture into traditional clay dishes or ramekins. Allow the custard to cool, and then cover with cling film and chill for about four hours (preferably overnight).

Before serving, sprinkle a thin layer of sugar on top of each ramekin. Spread the sugar out by tilting the ramekins in all directions. Caramelise with a kitchen blowtorch or under a hot grill and serve with some almond puff pastry fingers and a chilled glass of cava!