



Eva's Crema Catalana

SERVINGS: 4

PREPARATION: 20 MINUTES PLUS TIME OVERNIGHT TO SET

COOKING TIME: 15 MINUTES

EASY

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Why did you choose this recipe to share? It

reminds me of home! Whenever I visit my family in Barcelona I will have crema catalana. I was even given a kitchen torch at Christmas so that I can recreate it in the UK.

What is your advice for new students? It will sound

trite, but visit the library. It is the hub of the campus and all the staff are very friendly and helpful. We can advise you on what type of resources to use for your assignments, how to critically evaluate information and we are brilliant at referencing!

Ingredients

550 ml milk

The peel of 1 lemon

The peel of 1 orange

1 cinnamon stick

4 egg yolks

1 tablespoon cornflour

70 g sugar plus extra for caramelising

Directions

1. In a small saucepan, add 500 ml of milk, the peels of the lemon and the orange and the cinnamon stick.
2. Cook it on low heat until it starts to boil; then, remove the pan from the heat.
3. In the meantime, in a bowl, beat the egg yolks and sugar until well mixed. Add the cornflour and 50 ml milk, and beat well until there are no lumps.
4. Remove the fruit peel and the cinnamon from the heated milk and add the egg mixture. Put on low heat and stir continuously until it starts to thicken.
5. Pour the mixture into ramekins or clay dishes. Cover with cling film and keep in the fridge overnight.
6. Before serving, leave at room temperature for 15 minutes.
7. Add a tablespoon of sugar and caramelize it with a kitchen torch.
8. Share with your housemates!

Tip

If you don't have a kitchen torch, you can heat the bowl of a metal spoon instead but be careful as the handle will get hot

