

CREMA CATALANA

WITH CARAMELISED CRUST

04 | SERVINGS
30 MIN | TIME

CONTAINS DAIRY PRODUCTS 
CONTAINS EGG 

Ingredients

- 2 l milk
- 16 egg yolks
- 500 g sugar
- 80 g cornflour
- Lemon rind
- Orange rind
- Cinnamon stick

Preparation

STEP 1 Heat 1.5 l of milk with the sugar, cinnamon and citrus fruit rinds. Make sure not to add the white part of the rind as this could sour the cream.

STEP 2 At the same time, mix the remaining half litre of milk with the cornflour and the egg yolks and beat until consistent.

STEP 3 Strain the flavoured milk and return it to the heat. Once it is not boiling anymore, gradually add the yolk mixture. Keep stirring until it thickens.

STEP 4 Strain the cream through a chinois sieve and serve in individual ramekins.

STEP 5 To finish, sprinkle each one with sugar and burn until a caramelised crust is formed.

Recipe by Joan Pallarès

HOTEL CAN BOIX DE PERAMOLA
Can Boix, s/n,
25790 Peramola, Lleida

GASTRONOMIC HOTELS OF CATALONIA

Local products

At the Hotel Can Boix this typical Catalan dessert is prepared with eggs from the establishment's own henhouse and milk from a nearby farm. These fresh local products imbue the dish with a unique flavour that you can enjoy all year round.