

# The Mangrove Galley

by Sandi Mieszczeni

Sandi's recipes are featured here monthly. For previous issues go to <http://www.theconchtelegraph.com>.

## CRÈME BRULÉE, THE PERFECT DESSERT

When ever I would go out to dinner, if it was on the menu, I'd order crème brûlée for dessert. That is until I discovered how easy it is to make at home. Translated from French, the words "crème brûlée" mean burnt cream. It is an elegant, rich, but not heavy dessert, and the portion is just right. Prepare the custard in the morning and chill it all day. It will be ready to serve for dinner.

All that is left to do is to brown the sugar prior to serving. To brown the sugar, you can place it under the broiler, or use a cooking torch. The sugar crust makes the dessert. Use a heavy granulated sugar such as raw sugar, or mix 1/2 cup of brown sugar with 1/4 cup of regular sugar and spread evenly over the custard dishes. Place the custard cups under the broiler (or use a torch) and watch constantly as the sugar browns rapidly. Can be served warm or cooled. Enjoy!

## WHITE CHOCOLATE CRÈME BRULÉE

- 5 large egg yolks
- 1/4 tsp. vanilla extract
- 1/2 cup white sugar
- 2 tablespoons sugar
- 2 cups whipping cream
- 3 ounces white chocolate, finely chopped

Whisk egg yolks and 1/4 cup of sugar in a medium bowl. Bring the cream and remaining 1/4 cup sugar to simmer in a saucepan. Reduce heat to low. Gradually add the chopped chocolate and whisk until smooth. Whisk the chocolate mixture into the yolk mixture. Add vanilla. Pour the custard into four 10-oz. custard cups. Place the cups in a large baking pan and add enough hot water to cover halfway up the sides of the cups. Bake 1 hour in a preheated 300° oven, until set. Remove custards, cover and refrigerate until dinner. When ready to serve, sprinkle 1/2 tablespoon of sugar over each custard. Broil or torch until sugar caramelizes, about 2 minutes.

## RUM CRÈME BRULÉE

- 4 cups whipping cream
- 1 cup + 10 teaspoons sugar
- 1.5 T. vanilla extract
- 6 large egg yolks
- 1 large egg
- 2 T. dark rum

Whisk the cream, 1 cup of sugar, egg yolks, egg, rum, and vanilla in a large bowl. Divide mixture among ten custard cups. Place the cups in a large baking pan. Fill pan with hot water so that it reaches halfway up the sides of the cups. Bake in a 350 degree oven for 50 minutes. Remove and cool. Cover and refrigerate at least 4 hours. Sprinkle the remaining sugar on the custards. Broil or torch until the sugar caramelizes.

## COCONUT CRÈME BRULÉE

- 1 3/4 cups heavy cream
- 1 3/4 cups milk
- 1 vanilla bean, split lengthwise
- 6 large egg yolks
- 1 large whole egg
- 1/2 cup white sugar
- 2/3 cup packed, flaked coconut
- toasted lightly to a golden brown
- 1/4 cup firmly packed light brown or raw sugar

In a saucepan heat the cream, milk, and vanilla bean over medium high heat until it just comes to a boil. Remove from heat. Steep the vanilla bean 10 minutes and with a sharp knife scrap the seeds into the milk mixture. Discard pod.\*

In a bowl whisk together the yolks, whole egg, and the half cup of sugar. Mix well. Add the milk mixture in a steady stream, whisking. Skim off any froth. Pour the custard in eight half-cup ramekins. Crumble the coconut and add. Place the ramekins in a baking pan and add enough hot water to the pan to reach halfway up the sides. Bake in a 325° oven for 40 minutes (custard should be set). Remove and cool. Refrigerate custards for at least 4 hours or overnight. Sprinkle sugar over the top and broil or torch until the sugar caramelizes.

\* place the empty pod in your sugar bowl to add a vanilla flavor to your sugar

# Conch Characters



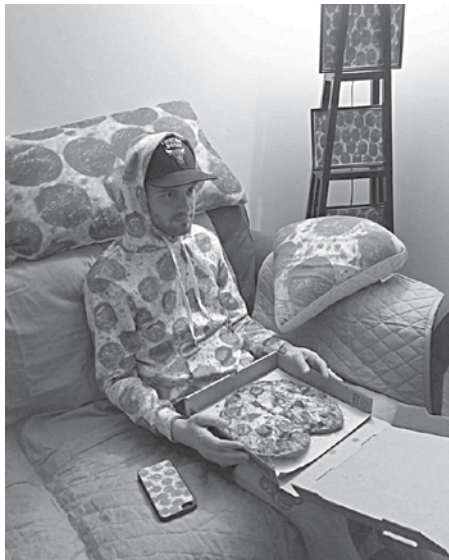
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