

Fruit Brulee

200g sweetened stewed fruit eg rhubarb,
raspberries, blackcurrants
100g caster sugar (approximately)
250- 300 ml double cream
200ml greek yogurt or ready made custard
100g caster sugar

Equipment from home: 4 ramekin dishes,
apron, tea towel.

Skills: Stewing fruit to a compote, whisking cream, real egg custard could also be used.

Nutrition: This is a high fat, high sugar dish and should be eaten as a treat occasionally. Adding fruit will add to the 5 a day and the double cream could be left out and replaced with extra yogurt or custard which are lower in fat.

Food science:

Plasticity of the fat in the cream increasing due to the mechanical agitation when the cream is whisked. The cream therefore thickens.

Aeration of the cream as the high plasticity of the fat traps air bubbles being whisked in.

Caramelisation of the sugar as it is heated up under the grill.

Time

METHOD

1. Pour fruit into an oven proof dish or 4 ovenproof ramekin dishes.
2. Whisk the cream until it stands in soft peaks.
DO NOT OVERWHISK
3. Mix the cream with the yogurt or custard and pour over the fruit.
4. Chill whilst you do a big clean up.
5. Pre heat the grill to it's highest temperature
6. Line the grill pan with foil. Place ramekins onto grill pan.
7. Sprinkle with sugar and grill until sugar start to bubble and turn brown and crisp.

Safety and quality points

Evaluation