

# Try this recipe for Creme Brûlée

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Special to The T-R

My dear ravenous readers. It is imperative that I share this marvelous Creme Brûlée recipe with you.

Please afford the time in your kitchen to indulge in this very edible creation.

The source actually came to me from a visit to the famous "Tavern on the Green" restaurant in Central Park of New York fame.

It was a delightful day. My fellow student and great friend Bonnie Winston and I had just concluded a memorable series of cooking classes at the CIA.

That is not the Central Intelligence Agency. Oh no.

It was the highly acclaimed Culinary Institute Of America.

We both concluded that we needed to celebrate and the place we always wanted to explore was the aforementioned Tavern On The Green.

It did fit in with a great tour of all the happenings at Central Park, and by then we were famished.

Needless to say, the cuisine and wines were memorable.

But would they have a dessert to really top off the day?

Our very kind waiter said you both must experience my favorite. It was the very Creme Brûlée that I am able to share with you today. Please don't wait for a special occasion to make it for you and your wonderful guests. Let the Creme Brûlée be just that.

## Creme Brûlée

This recipe makes enough for six people.

### INGREDIENTS

1 cup sugar  
3 large eggs plus 2 large egg

### yolks

1/8 tsp. salt  
1/4 tsp. vanilla extract  
1/4 tsp. cognac  
2 cups milk  
1/4 cup water  
1/2 cup dark brown sugar

### LET'S MAKE IT

In a mixing bowl combine 1/2 cup of the sugar, the eggs, egg yolks, salt, vanilla, and cognac. In a small saucepan scald the milk, the stir it gradually into the egg mixture. Make caramelized sugar by combining the remaining 1/2 cup sugar with 1/4 cup water and cooking them in a small saucepan over high heat, stirring from time to time with a wooden spoon, until golden brown in color. Pour some of the caramel mixture into each of six small (4 to 5 ounce) custard cups, then fill with the custard.

Set the custard cups in a baking pan with about 1 to 1 1/2 inches of water in it. Set the baking pan in a preheated 325 oven and bake for 40 to 45 minutes or until a knife inserted in the center of a custard cup comes out clean. Place the cups to cool on a cooling rack. Then sprinkle dark brown sugar over top and put under broiler until sugar melts and serve immediately. Keep your eye on it so as not to burn the sugar.

Enjoy!



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