

Dish  
of the  
Month

Rhubarb crême brûlée with  
poached fruits



# Rhubarb crème brûlée with poached fruits

## Ingredients

**Serves:** 4 people

8 egg yolks  
110g/4oz caster sugar  
2 vanilla pods, split  
1 ltr double cream  
55g/2oz demerara sugar  
1 gelatine leaf

**For the poached rhubarb:**  
50g rhubarb  
50g caster sugar  
100g water  
1 orange and lemon  
And fruit for poaching  
(I have peaches, apricots,  
rhubarb and strawberries)

1. Boil cream with the split vanilla pods in a thick bottomed saucepan over a lower heat. While the cream is coming to the boil combine the caster sugar and egg yolks in a bowl.

2. For the poached rhubarb bring to the boil the water with the caster sugar and add the orange and lemon quartered. Peel the rhubarb and add to the syrup and poach for 2 minutes keeping the syrup.

3. Cut into 2cm cubes and place into metal rings that have had the bottoms of the rings tightly wrapped in cling film.

4. Add the cream when boiled slowly, to the egg yolks, sugar mixture then add the soaked gelatine leaf. Pass through a chinois (very fine sieve) then into the rings.

5. Place into a pre heated oven 140C/275F/Gas 1 for around 40 minutes. To check, move the dish and if the cream mixture still ripples it's not cooked. (But over-cooking will cause the brûlée to crack on the top once cooked, so be careful).

6. Remove from the oven and leave to chill overnight or 12 hours.

7. To poach the fruits combine all the ingredients in a saucepan big enough to hold everything. Set over a medium heat until the liquid comes to the boil and then reduce the heat so that it is barely simmering. The cooking time will vary according to the ripeness of the fruit. Very ripe fruit will only take 5 minutes much less ripe fruit will need up to 15 minutes. As soon as they are ready, turn off the heat.

8. To turn the brûlées out remove the cling film from the bottom and give them a quick blast around the outer ring with a blow torch this should enable the ring to just slide off. Sprinkle the Demerara sugar over the top and burn till golden with the blow torch. Place in the middle of the plate with the fruits around them you could even spoon a bit of the syrup over the fruits.



by Andrew Gibney

**Zest**  
Caterers

