

Foodnity Recipes

Rhubarb Crème Brûlée

A luscious rhubarb crème brûlée that balances tangy fruit with buttery sweetness.

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Custard

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 1/2 cup granulated sugar
- [ ] 5 large egg yolks
- [ ] 1 vanilla bean, split and scraped
- [ ] 1 tsp lemon zest

Rhubarb Topping

- [ ] 2 cups rhubarb stalks, thinly sliced
- [ ] 2 tbsp granulated sugar
- [ ] 1 tbsp lemon juice

Caramelized Sugar

- [ ] 1/4 cup granulated sugar

Instructions

1. Preheat the oven to 325°F (160°C). Arrange four 6-ounce ramekins in a deep roasting pan.
2. In a saucepan, combine cream, milk, vanilla seeds, and lemon zest; heat until just simmering, then remove from heat.
3. In a bowl, whisk egg yolks with sugar until pale. Slowly pour the warm cream mixture into the yolks, whisking constantly to temper.
4. Pour the custard into the ramekins, then place the pan on the stove and fill with hot water halfway up the sides of the ramekins.
5. Bake for 30-35 minutes, until the custard is just set. Remove, cool to room temperature, then refrigerate for at least 2 hours.
6. Meanwhile, toss sliced rhubarb with sugar and lemon juice; let sit for 10 minutes, then gently cook in a skillet until softened but still bright.
7. Before serving, spoon the softened rhubarb over each custard, sprinkle a thin even layer of sugar, and torch until golden and crackly.

Nutrition per serving

410 kcal	7 g	32 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- The custard should jiggle slightly when you shake the ramekin; this indicates it’s perfectly set.
- If the caramelized sugar hardens too quickly, let it sit a minute before torching.
- For a brighter flavor, add a pinch of pink Himalayan salt to the rhubarb mixture.