

## RECIPE: "CREMA CATALANA"

### \* Ingredients

- 1 liter of milk
- 6 egg yolks
- 200g of sugar
- 40g cornmeal (cornstarch tipe)
- lemon peel
- cinnamon in branch

### \* RECIPE

- 1- Boil  $\frac{2}{3}$  parts of milk
- 2- I add piece of lemon peel to avoid the white part as much as possible
- 3- we also incorporate a connoball cone



4-We heat it up. It does not need to boil, it will be enough for the milk to be very hot.

5-We prepare the yolks in another bowl

6-We mix them

7-Now,we will mix with the yolks  $\frac{1}{3}$  of the milk that we have not heated.

8-We add the sugar.

9-Now we will add the starch.

10-When the milk is already quite hot and smokes... we can remove the lemon peel and cinnamon.

11- Separate the pan form with the help of a colander,add the yolks, sugar, starch,etc

12-Straining it will ensure that there is no piece of eggshell left,or any other remains.

13-We put the pan back on the fire (on mycelium-lou) and with a wooden spoon we will stir it little by little.

14- After a few minutes you will notice that it starts to thicken .Don't overdo it.Think that when it is cold it solidifies more,so it is normal for it to have less body than we might initially think.

15-When we have it well cooked, bowl the cream into individual clay pots.

16-It is important to cover the cream with a little baking paper or cling film. This will prevent the fabric from forming. Allow to cool to room temperature and store in the refrigerator when it is cold. The brightest color you see is an optical effect caused by the paper.

17-we put the sugar on it and burn it.



Enjoy!!!! It is delicious!!!!