

Ingredients for Betty's Crème "Bru-Blaze"**Brûlée:**

6 egg yolks
1/4 cup white sugar
1 1/2 cups heavy cream
3/4 teaspoon vanilla extract
pinch salt
additional sugar for caramelizing tops

**Directions:**

1. **Blaze it up!** Preheat your oven to 300 (F).
2. **Beat it up!** In a bowl whisk egg yolks vigorously. Add sugar. And seriously, whisk! Whisk away and get those sugar crystals working to break down the egg for maximum creaminess. Add vanilla and continue whisking vigorously. Get it all out.
3. Add heavy cream to egg mixture all at once. **Gently** stir until ingredients are combined. Add salt and continue gently stirring. You want to fully incorporate the ingredients while minimizing the amount of foam and bubbles in the mixture.
4. **Bath time!** Make a water bath with 4, 5 ounce ramekins. Add medium-hot (not boiling) water to a baking dish and fill until water is halfway up the sides of the ramekins.
5. **Pour mixture through a strainer.** Either strain mixture directly into ramekins, or into a bowl and then pour into ramekins.
6. **Bake custards at 300 (F) for 50 minutes.** The center will not be completely set, but the edges will. Carefully remove from the oven and allow to cool in water bath.
7. **Cover with plastic wrap.** Refrigerate overnight for best results, or at least 2 hours.
8. **Caramelizing:** Dust the top of each with sugar, about 1 teaspoon per ramekin. Follow the directions for your butane kitchen torch and turn on continuous stream. Use small, circular motions and torch sugar so that it melts gently without darkening too quickly (or catching fire!). The perfect top has a light to medium-dark amber color, depending on your preference. After caramelizing the tops, place in refrigerator to cool down for five minutes.

Makes 4 servings using 5 ounce ramikens.