

World Gourmet Summit 2007

Swissôtel The Stamford, Singapore

25 April 2007 / 9.30am to 2.30pm

INNOVATIVE CATALONIAN CREAM

Presented by
Carles Gaig

	Ingredients:
500ml	Whipping Cream
500ml	Milk
½	Cinnamon Stick
1	Lemon, Juiced and Grated
60gms	Sugar
8	Egg Yolks
	Flour
	Icing Sugar, for Dredging



Recipe Notes:

Method for Cooking:

1. Bring whipping cream, milk, cinnamon stick, lemon juice and lemon zest to a boil in a saucepan. Reduce heat and simmer for 5 minutes. Remove pan from the heat and set aside to cool.
2. Whisk the sugar, egg yolks and flour together in a bowl and slowly stir in the cooled cream mixture until well-incorporated. Bring the mixture to bubbling boil over low heat. Fill the siphon with the mixture and dispense into each cocktail glass. Sprinkle icing sugar over and caramelize with a blow torch.