

DISCOVER THE FRAGRANT FLAVORS OF PROVENCE

When in Rome, do as the Romans do-and when in France, savor crème brûlée, one of the quintessential French desserts. With a smooth, rich, creamy custard underneath a brittle, caramelized topping, this delectable treat has been enjoyed by the French since 1691.

Crème brûlée is traditionally flavored with vanilla but to give the classic dessert a bit of Provençal oomph, add culinary lavender which is just as delightfully sweet to taste and it is to breathe in. Lavender is a strong scent so a little goes a long way.

Flavor Pairings with Lavender

Sweet and fragrant, lavender has been cultivated for centuries for its beauty, essential oils, and therapeutic gifts and of course culinary uses. A romantic flower, lavender's lovely perfume complements a variety of both sweet and savory tastes. Pair with strawberries, blueberries, pears, lemon, orange, honey, sage, rosemary, oregano, thyme, black pepper, lemon juice, lemon zest and chocolate for delicious flavor combinations.

Use lavender from your garden or purchase in the store, just make sure you are choosing culinary lavender as not all forms of the flower are edible.

Ingredients –

1 cup whole milk
6 egg yolks
1 ½ cups sugar
1 tsp. lavender
2 cups crème fraiche
⅔ cup raw sugar



Preparation Method

Boil the milk. Remove from heat and add lavender. Chill for 12 hours. In a small mixing bowl, add egg yolks and whip them while incorporating the sugar until the mixture is nearly white. Strain the chilled milk and place in a saucepan under low heat. Add the crème fraiche slowly while whisking. Let sit for 45 minutes. Rinse the ramequins with cold water and don't wipe dry. Pour the cream into the ramequins and put them into a water bath with water to mid-height. Place in a 350°F oven for 20 minutes. To serve sprinkle raw sugar on top of the crèmes and caramelize using a kitchen torch (or broil for 5 minutes).

My Recipe for Travel

Ingredients --

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