

# White Chocolate Crème Brûlée (custard) with Strawberry Coulis (sauce)



**Plan Z Phase:** This is a Z3 (ZReboot) recipe. I adapted this recipe from the Ghiradelli white chocolate package. Most crème brûlée recipes call for caramelizing sugar on top of the custard. I love that, but the sugar is too much. So, in this case, I made up a simple strawberry sauce to go on the top instead. With Plan Z we work to reduce the carbohydrate count on a recipe but still keep the flavor. This recipe has about 10 grams of carbohydrates per serving. For a dessert, that's pretty darn good. And for one this pretty and satisfying, it's GREAT.

You can also use raspberries or blackberries for your sauce if you prefer.

**Servings:** Serves 8

## **Ingredients:**

For the Custard

- 4 egg yolks (save the whites for something else or toss

them)

- 4 tsp of Truvia
- 4 oz of high-quality white chocolate. Ghiradelli is good. Don't use the white block stuff.
- 2 cups of heavy whipping cream
- 2 tsp of vanilla extract

For the Coulis

- 1 quart of fresh strawberries
- $\frac{1}{4}$  cup of Grand Marnier or sparkling water
- 1 tsp of Truvia
- mint (optional)

\*You'll also need 8 small ramekins (1/2 cup size)

### **Instructions:**

Preheat oven to 300 degrees.

Put your egg yolks and the Truvia in a medium bowl. Whip with a whisk until the Truvia dissolves.

Chop the white chocolate into very small bits.

Heat the whipping cream on medium high. You want to keep an eye on it and watch for little bubbles to form on the sides of the pan. Don't let it boil. When the bubbles form the cream is hot. Add the chocolate and take it off heat. Mix with a whisk until the chocolate melts and the mixture smooths out. Add the vanilla and stir again.

Now, carefully and SLOWLY add the chocolate to the egg mixture. DO NOT do this fast or the eggs will scramble and you'll have a lumpy mess. It's not difficult. Just go very slowly at first and then add in a slow stream while you keep stirring.

When the mixtures are combined in the bowl you are ready to fill

your ramekins. You'll need 8 ramekins in the half-cup size. Fill all 8 ramekins equally. I use a measuring cup to make this easy. It's sort of like filling cupcake tins. Make sure you don't fill them all the way. You'll have about a  $\frac{1}{2}$ " open at the top. You'll fill that with sauce later.

Next step is to put the ramekins in an oven proof pan. I used a 9" x 13" for six of them and a 9" x 9" for the other two. Set the filled ramekins in the pan and then add water so it comes up halfway to the top of the ramekins. It's about a  $\frac{1}{2}$ " of water.

Carefully put the containers in the oven. Bake for 45 minutes or until set. They might jiggle a bit but not much.

Remove from oven and set on the counter. I use a hot pad and a spatula to carefully remove the ramekins from the water bath and then I set them on a cookie sheet. Put them in the refrigerator to cool. 2 hours minimum would be good.

While they are cooling you can make your coulis (sauce).

Clean and slice the strawberries. Put them in a medium saucepan and add the Grand Marnier. If you don't cook with liquor just add sparkling water instead. Add the Truvia and cook until the strawberries are softened. You can cook them until just softened or even down to almost a jam consistency.

You have two choices. You can either serve the sauce cold/room temperature on the crème brulee or you can heat it just before serving and have hot sauce on the cold custard. Both options taste lovely.

You can garnish with a mint sprig if you have one handy.

Enjoy!

Cheers,