



Crème brûlée

Prep: 15 mins • Cook: 2hrs 30 mins • Serves: 6

This indulgent dessert is ideal for special occasions or for those in need of building-up.

Ingredients

- 500ml double cream
- 100ml full-fat milk
- 5 egg yolks
- 2 vanilla pods
- 75g caster sugar
- 50g caster sugar, for topping

Carbohydrate The main source of carbohydrate in this pudding comes from the sugar, however, there will also be some carbohydrate from the full fat milk. The carbohydrate value of this dish has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium This recipe contains a reasonable amount of phosphate from the egg yolks and milk. If you have been prescribed a phosphate binder ensure you take them with this dish.

Protein This is a low protein dessert and therefore would make a luxury treat for anyone following a reduced protein diet.

Special diets

Gluten free: This dish is natural gluten free

Healthier option If want to reduce the amount of sugar or fat you eat, you can use less sugar or switch to a sweetener suitable for baking and use semi skimmed instead of full fat milk.

Cheaper option Vanilla extract could be used as an alternative to the vanilla pods.

Storage Once cooled, cover and store the Crème brûlée in an airtight container in the fridge and eat within two days.

Tips A quick way to separate an egg is to crack it into a slotted spoon and shake gently until the white has drained through the slots.

To prevent the custard from heating too quickly, set the ramekins on top of a tea towel in the water bath.

If you haven't caramelised anything before, it just means applying heat until the sugar melts and turns caramel coloured, which once set hardens to achieve the crack when you tap it with a spoon.

Special occasion

Vegetarian

	Low phosphate	✓	Low protein
✓	Low potassium		Low salt
24g	Carbohydrate	564Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





Cooking in the kitchen with Chef Paul Ripley

A smooth and sweet, classic dessert for a special occasion, try adding a small number of fresh berries for a splash of colour.



1

Pre-heat your oven to 140C /gas mark 1. Split vanilla pod and scrape out the seeds. Put the cream, milk and vanilla pods and seeds into a pan and heat to boiling point.



2

Separate the egg yolks. Whisk the egg yolks and 75g of sugar together until pale and thick. Gradually pour the boiling cream into the mixture.



3

Stir well and allow to cook for a couple of minutes. Strain the mixture to remove the vanilla pods then pour into six ramekins.



4

Place the ramekins in a deep roasting pan and fill the pan with hot water until the water comes about two-thirds of the way up the sides of the ramekins.



5

Cook in the oven for 30-40 minutes or until just set, with a slight wobble. Leave to cool, then refrigerate for 2 hours or overnight. Once chilled sprinkle with a thin, even layer of the remaining 50g caster sugar.



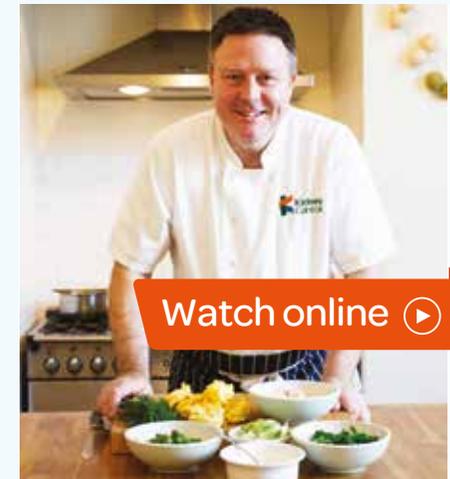
6

Place under a very hot grill or use a blow torch to caramelize the top, this is best done in two steps until you have a golden crackling topping. Return to fridge for 3-4 minutes to set the sugar.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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