



# Crema Catalana with apricots in verjuice

By Maggie Beer

**20 minutes**

Preparation Time

**20 minutes**

Cooking Time

**8**

Serves

## INGREDIENTS

### Crema Catalana

1 ltr thickened cream  
2 cinnamon sticks  
2 oranges, finely zested  
1 vanilla bean, split with seeds reserved  
250g egg yolks  
140g caster sugar  
50ml orange juice

### Apricots

500g dried apricots  
250ml verjuice  
250ml water  
2-4 tbs honey  
2 stems rosemary

## METHOD

## **Crema Catalana**

1. Place the cream into a Solid steam tray along with cinnamon, orange zest, vanilla bean and seeds. Steam at 100°C for 10 minutes.
2. In a separate bowl, whisk together the yolks and sugar until well combined. Add the orange juice and stir to combine.
3. Remove the cream from the Steam oven and stand for a few minutes to cool slightly then pass through a sieve into a clean jug. Discard any solids.
4. While still warm, whisk cream into the egg mixture until fully combined. Divide evenly between 3 oven-safe serving bowls and place onto a Perforated steam tray.
5. Pre-heat the Steam Combination oven on Conventional at 120°C.
6. Once pre-heated, change function to Combination mode. Select:  
  
Conventional at 120°C + 20 minutes + 65% moisture.
7. Place tray into Oven on shelf position 2 and Bake until the Crema has set with a slight wobble.
8. Remove from the Oven and cool for 10 minutes at room temperature. Transfer to the Refrigerator for a minimum of 4 hours or overnight.

## **Apricots**

1. Place the apricots along with the verjuice and water into a Solid steam tray. Steam at 100°C for 4 minutes.
2. Remove from the Oven and strain verjuice liquid into a clean saucepan. Transfer apricots into a heat-proof container.
3. Add the honey and rosemary to the verjuice liquid. Adjust to taste, adding more honey if required. Bring to a simmer on medium to high heat, Induction setting 7. Simmer for 2 minutes or until bubbling and deep golden.
4. While hot, pour the syrup back over the apricots and set aside to cool.

## **To serve**

1. Remove the Crema from the Refrigerator and dust lightly with caster sugar.
2. Using a blow torch, caramelise the sugar on top of the crema. Serve immediately with apricots on the side.

**Hints and tips**

- The Crema Catalanas will keep covered in the Refrigerator for up to 3 days.
- Apricots will keep refrigerated in an airtight container for up to 2 weeks.