

Crema Catalana · Classical Catalan Custard

Whole milk + egg yolks + lemon + cinnamon + sugar, cooked to 82°C in the Thermomix until the back of a spoon barely coats, poured into shallow terracotta cazuelas, chilled until set, and torched at service to a thin-glass layer of burnt sugar on top that cracks under the spoon. The classical Catalan dessert that predates French crème brûlée by 200 years + is lighter, lemon-brighter, cinnamon-forward. Teaches the custard-thermometer discipline + the torch-caramelization archetype + the single-layer sugar glass that defines the dish.

Protein Dairy (milk + egg yolks)

Serves 6 portions in individual 125 ml terracotta cazuelas (or small ramekin)

Difficulty Intermediate

Active 30 min active

Total 30 min + 4 h chill minimum (overnight ideal) + 2 min torch = 4

THE STORY

The Dessert That France Later Claimed

Crema catalana is the classical Catalan custard dessert, dating to at least the 14th century (documented in medieval Catalan manuscripts) + widely thought to be the origin of what France later refined into crème brûlée. The two dishes are distinct: crema catalana is milk-based (not cream-based), lemon + cinnamon-aromatic (not pure vanilla), stovetop-cooked (not oven-baked in a water bath), and served in wide shallow terracotta cazuelas (not tall narrow ramekins). The French version dates to the late 17th century. The Catalans have the older claim.

The technique teaches **custard-thermometer discipline**. Egg-yolk-thickened custards set at a specific temperature range — between 78°C and 82°C for most milk-yolk custards. Below that temperature, the custard is too thin + doesn't coat the spoon. Above 82-83°C, the egg proteins coagulate into scrambled-egg texture + the custard breaks permanently. The 4°C window is narrow + the technique is unforgiving if you don't watch a thermometer. This is why traditional recipes say 'cook until the custard coats the back of a spoon' — that's the visual marker for the 80-82°C window. Modern kitchens (Pablo's Thermomix TM6) can hold the temperature directly: set to 82°C + let the TM6 control the heating precisely.

The second technique is the **torch-caramelization**. A thin, even layer of sugar sprinkled on the chilled custard gets torched with a kitchen torch until it melts, then hardens into a brittle glass. The glass should be thin (1-2 mm), uniform, and crackable under a spoon. Too thick = it's a candy shell (wrong texture); too thin = it doesn't harden properly. Classical Catalans use a specific iron tool (*quemador de crema*) that heats on the stove + gets pressed onto the sugar to caramelize it without a torch. A kitchen torch is the modern substitute + produces identical results.

The third teaching element is the **Pablo-kitchen Thermomix TM6 treatment**. Traditional crema catalana is cooked in a heavy saucepan over low heat with constant stirring + a thermometer. The TM6 does this automatically: milk + yolks + sugar + aromatics at 82°C, speed 3, 18-22 minutes. The machine holds the temperature precisely + stirs continuously. Zero custard breakage. Zero risk of accidental scrambling. The TM6 is not a shortcut — it's a precision instrument that produces a better custard than most home kitchens achieve with manual stovetop technique. Use it when it produces equal or better results. This is one of those cases.

Specs

<p>YIELD</p> <p>6 × 125 ml portions (terracotta cazuelas or ramekins)</p>	<p>CUSTARD TARGET</p> <p>82°C / 180°F · 18-22 min TM 6 speed 3 OR stovetop with thermometer</p>	<p>RATIO</p> <p>500 ml whole milk · 6 egg yolks · 100 g sugar · 25 g cornstarch · aromatics</p>	<p>TORCH SUGAR</p> <p>~15 g (~1 tbsp) turbinado sugar per cazuela · torched to 170-180°C caramelization</p>
<p>DIFFICULTY</p> <p>Intermediate</p> <p>●●●○○</p>	<p>ACTIVE TIME</p> <p>30 min</p>	<p>CHILL</p> <p>4 h minimum · overnight ideal · torch at service only</p>	<p>KEEPS</p> <p>3 days refrigerated (before torching) · do NOT torch + store — sugar glass goes soft within 1 h</p>
<p>SERVE</p> <p>Cold custard + just-torched warm sugar · the temperature contrast is the experience</p>	<p>KEY RULE</p> <p>Never exceed 83°C in cooking + never torch until moment-of-service</p>		

What Changed & Why

Two variables: dairy quality + aromatic quality. Technique is identical across tiers. The ● Tier A (Everyday) uses standard whole milk (3.5% fat; Whole Foods or Publix) + standard large eggs + McCormick cinnamon stick + standard lemon. Produces a restaurant-grade crema catalana. The ● Tier B (No-Limits) uses Manantial de Fuente Agria whole milk (Spanish import via Marky's) OR Clover Sonoma creamline milk + local-farm eggs + Ceylon cinnamon stick from Kalustyan's (true cinnamon, not cassia; more floral) + Meyer lemon from Miami winter. The cinnamon difference is meaningful — Ceylon cinnamon is a different species (*Cinnamomum verum*) + substantially more floral + complex than the cassia (*Cinnamomum cassia*) that 95% of US grocery cinnamon is. If you're upgrading one ingredient, upgrade the cinnamon stick. The flavor difference in the final custard is clearly perceptible + worth the \$3-5 premium.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Cook the custard on the stove over low heat, stirring constantly until it coats the back of a spoon	Cook in Thermomix TM6 at 82°C, speed 3, 18-22 min — or stovetop with a thermometer held at 82°C	Traditional stovetop method is reliable for experienced cooks but has a 1-in-5 failure rate for home kitchens (breaks, scrambles, or under-sets). TM6 produces a flawless custard every time by holding the exact target temperature + stirring continuously. The stovetop method is still valid + taught here — use a thermometer + hold at 82°C, stirring constantly, for 15-20 min. Both produce identical end product.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Heat the milk with aromatics, infuse 20 min, strain, add to tempered egg yolks + cook	All-in-one approach: milk + egg yolks + sugar + cornstarch + aromatics directly in the TM6, no pre-infusion	The 20-min infusion step is traditional stovetop discipline — you infuse the milk with cinnamon + lemon zest separately before combining with yolks to prevent temperature shock. The TM6's gentle heating ramp (from room temp to 82°C over 15-18 min) is gentle enough that the aromatics infuse during the cooking process + tempering isn't required. Saves 20 min + produces identical infusion. Stovetop method still requires the tempering step — use it if you're doing stovetop.
ADD	—	25 g cornstarch	Traditional crema catalana uses cornstarch (flour is rare; egg yolk alone is the classical thickener in some regional variants). The cornstarch serves two purposes: (1) it slightly thickens the custard + adds body (so it holds up under the torch without becoming soupy), and (2) it stabilizes the egg proteins against over-cooking (the cornstarch coats the yolks + prevents them from coagulating even if the temperature drifts slightly above 82°C). Use cornstarch, not flour — flour produces a gummy texture + needs to be cooked out.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
ADD	—	Strip of lemon zest (yellow only, no white pith) + 1 cinnamon stick	The dual aromatic (citrus + warm spice) is the Catalan signature. Without lemon zest: a generic sweet custard. Without cinnamon stick: no regional character. Both together produce the crema catalana flavor identity. Remove both before serving.
ELEV	Torch in individual ramekins	Torch in shallow terracotta cazuelas (traditional) — with backup plan of torch-proof ramekins	The classical Catalan serving vessel is the terracotta cazuela (125 ml, shallow, ~12 cm diameter). The shallow shape gives a high surface-area-to-volume ratio, which means more torched sugar per bite — structurally central to the experience. Ceramic ramekins are the US substitute + work well; the ratio is slightly different but the eating experience is close enough. Avoid tall narrow dishes (like French crème brûlée ramekins) — they change the ratio entirely.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
SKIP	Cream (heavy cream or half-and-half) in the custard base	Use WHOLE MILK only — no cream	This is a point where crema catalana + crème brûlée diverge. Crème brûlée uses cream (richer, heavier). Crema catalana is a milk custard (lighter, more refreshing). Using cream produces a dish that tastes like crème brûlée with lemon — not crema catalana. Respect the tradition: whole milk only.

INGREDIENTS

What You Need

Everyday

The Custard Base

- 500 ml **whole milk** (3.5% fat) — **Organic Valley** or **Clover Sonoma** (Whole Foods)
- 6 **large egg yolks** (from pasture-raised eggs) — ~120 g total of yolks
- 100 g **granulated white sugar** (for custard base)
- 25 g **cornstarch** — Rumford or Hodgson Mill

The Aromatics

- 1 **cinnamon stick** (about 7 cm long) — McCormick or grocery-tier
- 1 strip **fresh lemon zest** (yellow only, 5 cm × 1.5 cm) — from 1 standard lemon
- 1/2 tsp (~2 g) **vanilla extract** (optional, classical versions skip this)
- Pinch of fine sea salt

For the Torch Sugar Glass

- ~90 g (6 tbsp) **turbinado / demerara sugar** — coarser grain caramelizes better than fine sugar. About 15 g per cazuela.
- Alternative: granulated white sugar if turbinado unavailable (works fine)

No Limits

The Custard Base (Tier B)

- 500 ml **Clover Sonoma Creamline whole milk** (glass bottle; non-homogenized; cream rises) OR **Manantial de Fuente Agria whole milk** (Spanish via Marky's) — the milk variety affects the final flavor perceptibly
- 6 **local-farm egg yolks** (Coconut Grove farmers market) — richer yolk color + more complex flavor profile
- 100 g **Wholesome organic cane sugar** — slightly less refined; subtle molasses note
- 25 g **non-GMO cornstarch** — King Arthur or Bob's Red Mill

The Aromatics (Tier B)

- 1 **Ceylon cinnamon stick** (Cinnamomum verum) — Kalustyan's or a spice specialty shop. Different species from common US cassia cinnamon; substantially more floral + complex.
- 1 strip **Meyer lemon zest** if in season (Miami winter Nov-Feb); otherwise standard Eureka lemon zest
- 1/2 tsp **Heilala vanilla extract** OR **Nielsen-Massey Madagascar extract** (premium source)
- **Sal de Ibiza flake salt** — pinch

The Torch Sugar (Tier B)

- ~90 g **demerara sugar** (British-style larger-crystal) from Whole Foods specialty section — produces the highest-quality glass layer

EQUIPMENT

Your Kit

- Thermomix TM6 (or Vorwerk TM5 / TM7) — ideal for custard control

- OR: heavy saucepan (2-quart) + instant-read thermometer + whisk (stovetop alternative)

- Fine-mesh strainer — for straining custard before portioning

- Whisk

- Kitchen scale

- 6 individual terracotta cazuelas (125 ml) OR ceramic ramekins (wider + shallower preferred over tall + narrow)

- Kitchen torch — Iwatani Pro 2 or BernzOmatic TS8000 are the serious-kitchen choices (refillable, high heat output)

- Long lighter or chef torch for butane

MISE EN PLACE

Before You Start

- Milk weighed in TM6 bowl OR saucepan

- Egg yolks separated from whites — carefully; any white in the yolks interferes with custard formation

- Sugar + cornstarch whisked together separately

- Cinnamon stick + lemon zest ready

- 6 cazuelas or ramekins ready (can be cold from fridge)

- Kitchen torch tested + butane topped off before start (no one wants to discover they're out of butane at plating time)

- Ice-water bath bowl ready (optional — for quick-cooling custard)

MAKE-AHEAD

Timeline



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METHOD

The Cook

1 Phase 1 · Load + Blend — 2 minutes

1. If using TM6: into the TM6 bowl, add 500 ml whole milk + 6 egg yolks + 100 g sugar + 25 g cornstarch + 1 cinnamon stick (broken in half) + 1 strip lemon zest + 1/2 tsp vanilla extract (optional) + pinch of salt.
2. If using stovetop: in a 2-quart saucepan, combine milk + cinnamon + lemon zest only (keep yolks/sugar/cornstarch separate). Heat over low heat 5 min to pre-warm + infuse; remove from heat. In a separate bowl, whisk yolks + sugar + cornstarch until smooth + pale-yellow.
3. If using TM6: set to speed 6 for 15 seconds to combine everything. Then set to target temperature 82°C, speed 3, time 22 minutes.



WHY THIS WORKS

The egg yolks contain lecithin + ovalbumin — the two primary proteins that thicken custard. The sugar + cornstarch mixed with yolks before heating prevents coagulation at lower temperatures (the sugar coats the yolk proteins + the cornstarch adds structural stability). The TM6's gradual heating ramp from room temp → 82°C over 15-18 minutes lets the yolk proteins unfold + bind with the milk proteins + cornstarch without scrambling.

2

Phase 2 · Cook the Custard — 18-22 minutes

1. TM6 will automatically ramp from room temp to 82°C over 12-15 min, stirring at speed 3 throughout.
2. At 82°C: TM6 holds the temperature + continues stirring. 'Cooking' is complete once temperature is reached.
3. Total time: 18-22 min from start to finish (includes ramp + hold).
4. After 20 min: check custard thickness. It should coat the back of a spoon — a finger drawn through the coating should leave a clean line.
5. If custard is too thin at 20 min: extend 2-3 more min at 82°C (never increase temp above 82°C).
6. Stovetop equivalent: after tempering yolks with warm milk, return all to saucepan; heat over low, stirring constantly, 12-18 min until thermometer reads 82°C + spoon-coat test passes. Immediately remove from heat.



WHY THIS WORKS

The target 82°C is the sweet spot for yolk-thickened custard: (1) high enough to kill Salmonella (> 74°C in the yolks), (2) high enough to fully denature the yolk proteins into a set-custard structure, (3) low enough to avoid the 84-85°C threshold where over-coagulation happens + the custard breaks into scrambled-egg-and-thin-liquid. The 18-22 min total is how long it takes for the entire volume to reach the target temperature uniformly + for the cornstarch to fully hydrate + thicken.

3 Phase 3 · Strain + Portion — 5 minutes

1. Place a fine-mesh strainer over a clean bowl or pitcher.
2. Pour the hot custard through the strainer. The strainer catches: cinnamon stick pieces, lemon zest strip, any bits of coagulated protein, and any small cornstarch lumps.
3. Using a ladle, portion the strained custard into 6 cazuelas/ramekins. Each should get about 80-90 ml (roughly 3/4 full).
4. If any bubbles or foam appear on top: use a spoon to gently lift them off, or pop them with the tip of a kitchen torch (quick zap).



WHY THIS WORKS

Straining removes the aromatic solids + any imperfections that would be noticeable in the final custard. The fine-mesh is essential — a colander or coarse sieve lets too much through. Foam on top will crack when the custard cools; removing it before chilling produces a smooth, professional surface.

4 Phase 4 · Chill + Set — 4 hours minimum

1. Let the filled cazuelas cool at room temperature for 10-15 minutes.
2. Cover each cazuela with plastic wrap pressed DIRECTLY on the custard surface (not over the rim) — this prevents a skin from forming.
3. Refrigerate for minimum 4 hours; overnight is better.
4. Do NOT torch until just before service. Torched sugar glass softens within 1 hour even when refrigerated.
5. You can make crema catalana up to 3 days ahead. Store refrigerated, covered. Torch at service only.



WHY THIS WORKS

The chill-and-set phase is where the cornstarch + egg proteins fully gel. At 4°C for 4+ hours, the custard sets to a firm-but-jiggly texture (like flan). The plastic-on-surface prevents the skin that would form as the water evaporates from the top — a skin would crack when torched + produce a mottled appearance.

5

Phase 5 · The Torch — 2 minutes per cazuela at service

1. Remove cazuelas from fridge 5-10 minutes before service (not longer — the temperature contrast between cold custard + hot sugar is part of the experience).
2. Remove plastic wrap. Blot any surface moisture with a paper towel.
3. Sprinkle ~15 g (~1 tbsp) of turbinado sugar evenly over the surface of each cazuela. Use your fingers to spread + distribute. The sugar should form a thin (2-3 mm), even layer covering the entire custard.
4. If a ramekin has uneven coverage: tip + tilt to distribute; don't over-sugar. Less is more.
5. Light the kitchen torch. Hold 2-3 cm above the sugar. Sweep in a circular motion.
6. The sugar will go through stages: white → melting-clear → golden-brown → dark-amber → near-black. Stop at DARK AMBER — the color of a Scotch whisky.
7. 20-30 seconds per cazuela is typical. If you're torching 6 in sequence, work fast — the first 1-2 cazuelas will wait 2 minutes while the others are torched.
8. Once all are torched: serve IMMEDIATELY. The sugar glass will harden in 30-60 seconds as it cools + will stay crisp for about 30 minutes.



WHY THIS WORKS

The torch-caramelization involves melting the sugar crystals (180°C), then the Maillard reaction + direct sugar caramelization (above 160°C). The dark-amber color indicates the ideal caramelization state — full sugar decomposition + the development of the bitter-sweet + complex notes that separate good crème brûlée from mediocre. Overshooting to near-black = bitter + acrid (too much decomposition). Undershooting to golden = sweet but one-dimensional (incomplete caramelization).

QUICK REFERENCE

Timing Cheat Sheet

STEP	TIME	CUE
Mise + equipment	T- 5 0 m	All ingredients weighed + TM6/pan ready + torch tested
Load TM6 (all ingredients)	T- 4 0 m	Milk + yolks + sugar + cornstarch + cinnamon + zest + salt

STEP	TIME	CUE
TM6: 82°C, speed 3, 22 min	T- 4 0 to T- 1 8 m	Machine handles ramp + stir + hold
Strain custard through fine-mesh	T- 1 8 to T- 1 5 m	Discard cinnamon + zest solids
Portion into cazuelas	T- 1 5 to T- 1 0 m	80-90 ml each; 6 portions
Cool 10 min + cover + refrigerate	T- 1 0 to T+ 0 m	Plastic on surface; refrigerate
Set 4 h minimum (overnight better)	T+ 0 to T+ 4 h	Chill; firm-jiggly texture
Remove from fridge 5-10 min before torch	Service - 1 0 m	Slight temper; NOT room temp
Sprinkle turbinado sugar + torch	Service - 3 m	Thin even layer; torch to dark amber
Serve immediately	Service	Cold custard + warm sugar glass contrast

TROUBLESHOOTING

Emergency Protocols

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DEEP DIVES

Technique Notes

● Universal: Custard Thermometer Discipline — The 82°C Target

CUSTARD FOUNDATION · TEMPERATURE CONTROL

Egg-yolk-thickened custards set at a specific temperature range: 78-82°C for most milk-yolk custards. Below 78°C: too thin, doesn't coat spoon. Above 82-83°C: proteins coagulate + custard breaks. The 4°C window is narrow + unforgiving. Universal rule: cook custard to 82°C + immediately stop. Applies to: crema catalana (this recipe), crème brûlée, crème anglaise, pastry cream, pot de crème, ice cream base, custard-filled pastries. One temperature target, many applications. Use a thermometer (not visual cues alone) until you've made the dish 10+ times + developed the eye for it.

● **Universal: The Torch-Caramelization Archetype**

SUGAR CARAMELIZATION · TOP-LAYER TECHNIQUE

Thin even layer of sugar + kitchen torch + circular motion + stop at dark amber. Applies to: crema catalana (this recipe), crème brûlée, torched pineapple tatin, caramelized sugar-tops on flan or pot de crème, brûléed citrus segments as dessert garnish. One technique; many applications. The two rules: (1) thin + even layer of sugar, (2) stop at dark amber. Pablo-kitchen standard torches: Iwatani Pro 2 or BernzOmatic TS8000 (refillable, high-heat, restaurant-kitchen output).

● **Catalan Tradition: Milk vs Cream — The Lineage Divergence**

DESSERT PEDAGOGY · COMPARATIVE TECHNIQUE

Crema catalana (milk + cinnamon + lemon, Catalan origin) + crème brûlée (cream + vanilla, French refinement) share the same torch-top archetype but diverge in the custard base. Milk-based = lighter, more refreshing, citrus-bright. Cream-based = richer, heavier, vanilla-deep. Both are valid; the Catalans have the older claim. When designing a dessert menu, the choice is thematic: a Spanish meal → crema catalana; a French meal → crème brûlée. Respect the difference; don't substitute cream for milk in crema catalana or you produce a hybrid that is neither.

● **Pantry Strategy: Prep-Ahead Dessert Discipline**

DINNER PARTY PLANNING · MAKE-AHEAD DESSERTS

Custard desserts (crema catalana, flan, crème brûlée, pot de crème) are the highest-leverage make-ahead desserts. Make the custard 1-3 days ahead, store refrigerated. Torch or finish at service only. This is the restaurant-kitchen standard for dinner-party dessert work. Batch 6 teaches three make-ahead desserts specifically for this reason — all three can be prepped 1-3 days ahead + finished at service. Plan a 6-8 guest dinner party with one of these desserts: zero stress during service.

🔴 No Limits: The Quemador de Crema (Iron Tool)

CATALAN CLASSICAL · TRADITIONAL EQUIPMENT

The classical Catalan tool for caramelizing the sugar on crema catalana is the quemador de crema — an iron disc on a handle that's heated red-hot on the stovetop + pressed onto the sugar layer. The iron transfers heat directly to the sugar surface without flame or torch. Produces a more even caramelization than a torch + a subtly different flavor (the iron contact adds a faint iron-note that's historical rather than flavor-improving). Purchase from Spanish kitchen importers (\$30-60) or Kalustyan's. A novelty + a classical-respect gesture + a conversation piece at the table. Not better than a modern torch functionally; better culturally + traditionally.

🔴 No Limits: The Wine-Pairing Sugar

SUGAR GLASS · FLAVOR INFUSION

For a Saturday-centerpiece variant: infuse the turbinado torch-sugar with a dessert wine aromatic. Mix 90 g turbinado sugar with 1 tbsp Pedro Ximénez sherry + 1 tsp finely-grated orange zest. Let sit 1 hour at room temp. Use this infused sugar for the torch. The resulting glass has a PX + orange note that pairs beautifully with the cinnamon + lemon in the custard. Advanced variant that elevates the dessert into menu-centerpiece territory. Time-sensitive: use the infused sugar within 4 hours of making it.

PAIRING

What to Drink

🔥 Application · Classical Catalan Dinner

After a Catalan dinner (escalivada + pa-amb-tomaquet + grilled seafood + arroz negro). Traditional terracotta cazuela service.

The definitive Catalan dessert after a Catalan meal. Cinnamon + lemon close the regional arc started by the pa-amb-tomaquet + escalivada + seafood.

Application · Summit Dinner Party Dessert

Crema catalana + a slice of tarta de queso vasca (Batch 6 sibling) as a dessert plate for 2 guests. Small scoop of helado de aceite de oliva (Batch 6 sibling) on the side.

Three Batch-6 dessert archetypes on one plate. Classical custard + high-heat inverted bake + savory-sweet ice cream = full pedagogical dessert show. Ambitious but memorable.

Application · Weekend Merienda (17:00)

Single cazuela + strong coffee at the afternoon merienda ritual. Pablo's-kitchen afternoon reset.

The Spanish afternoon-snack tradition. Crema catalana + coffee is the Barcelona café ritual. 5-minute ritual from fridge to torch to service.

Application · Birthday / Anniversary

Individual cazuelas + candle stuck in the center + serve at dessert course. Pablo-kitchen Signature birthday dessert alternative to cake.

More elegant than a standard birthday cake. Personal + individually-torched + no shared-plate mess. 6-8 guests each get their own.

Beverage

Tier A: Muscat d'Alsace · Pedro Ximénez sherry · Tier B: Gonzalez Byass Nectar PX 20-year · Royal Tokaji Aszú 6-puttonyos · Non-alcoholic: Strong espresso · Café cortado (Spanish Miami classical) · Black tea

PX sherry + Muscat pair classically with milk-custard desserts. The PX's caramel-fig notes + crema catalana's torched-sugar + cinnamon is the summit Spanish dessert pairing.

CONTEXT

Menu Ideas

Catalan Dinner (6-8 guests)

1. Escalivada + pa-amb-tomaquet (tapas). 2. Grilled fish or arroz negro. 3. Grilled meat or botifarra. 4. Crema catalana + PX sherry. Complete Catalan arc.

Spanish Dinner Party Finish

Simple: just crema catalana after any Spanish main. 15-min torch-at-service makes it feel like a restaurant dessert course.

Weekend Merienda

Single cazuela + café cortado at 17:00. 10-minute ritual for 1-2 people.

Date Night

Two cazuelas torched at the table with a small propane torch. Theatrical + romantic + universal crowd-pleaser.

Host Gift

Make 6 cazuelas of custard (not torched). Deliver in the cazuelas + a bag of turbinado sugar + instructions. Host torches at their service. Most generous dessert-gift you can give (covers full prep work; only leaves the 30-second torching + plating for the host).

YOUR NOTES

Cook Log

Session Notes

Date: _____ · Serves: _____ · Rating: __ / 5

Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.



Stop following recipes. Start understanding food.

