



# RECIPES

## DESSERT:



### Chai Crème Brûlée (Serves 4)

#### Ingredients:

- 1/2 cup of ALTER ECO Fair Trade Certified Unrefined Cane Sugar
- 2 teaspoons ALTER ECO Fair Trade Certified Ceylon Chai Tea, removed from tea bags
- 5 egg yolks
- 7 ounces whole milk
- 10.5 ounces cream

#### Preparing the Chai Crème:

Pour the milk into a saucepan and slowly warm. When bubbles begin to break the surface of the milk, add the tea. Stir, cover and leave to infuse for 5 minutes away from heat. Pour the milk and tea through a fine mesh sieve. Place the egg yolks and 1/3 cup of the sugar into a mixing bowl. Whip the yolks and sugar by hand or with an electric egg beater until the yolks get lighter in color. Add the milk little by little while mixing, and then once all the milk has been used, add the cream.

#### Cooking the Chai Crème:

Preheat oven to 350 °F. Pass the prepared Crème through the fine mesh sieve and divide between 4 ramekins or other small custard baking dishes about 1-inch tall. Allow the Crème-filled dishes to cool, then place in a water bath and bake for 50 to 60 minutes until the custard is set around the edges, but still loose in the center. Remove from oven and leave in the water bath until cooled. Next, remove ramekins from water and cover with plastic wrap. Chill in refrigerator for at least 2 hours, up to 2 days.

#### Finishing the Chai Crème Brûlée:

Right before serving, light the broiler, remove the Crème-filled baking dishes from the refrigerator and discard or recycle the plastic wrap. Taking the remaining sugar, sprinkle it over the four baking dishes (about 1 tablespoon per ramekin). Place each dish in the broiler for 2 to 3 minutes—enough time to allow the sugar to melt and caramelize. Remove the dishes from the oven and serve immediately. For best results, leave custards in refrigerator for 12 hours and use a small, hand-held torch to melt and caramelize the sugar. Re-chill custards for a few minutes before serving.

