

MISO CRÈME BRÛLÉE

Preheat the oven to 140°C. Bring cream, castor sugar, miso paste, and vanilla seeds and pod to a simmer in a pot over medium heat. Remove from the heat and quickly whisk in egg yolks. Strain the mixture through a sieve and pour into 150-200 ml ramekins. Gently skim foam from the top. (If you would like to slice the crème brûlée, prepare an 18 x 18 x 3 cm baking pan: Wet the inside of the tray and neatly line it with baking paper, ensuring there is an overhang. Instead of pouring the mixture into individual moulds, pour it into the baking pan.)

Place the ramekins (or the baking pan) in a large baking tray filled up to 1 cm high with water. Cover with tinfoil and bake for 20 minutes. Remove the tray from the oven, take the moulds out and cool over ice. Place in the fridge to chill.

Right before serving, sprinkle an even layer of sugar on top and, using a blowtorch with a gentle flame, melt and caramelize the sugar. (Or unmould the crème brûlée by carefully lifting it out of the pan holding the overhanging baking paper. Using a hot pastry knife, slice it before sprinkling with sugar and using the blowtorch.)

Serve crème brûlée with sesame brittle. We like to garnish the plate with green apple sorbet, candied lime slices and lime gel.

Serves 10

1 ℓ cream
150 g castor sugar
15 ml miso paste
1 vanilla pod, scraped out
10 egg yolks
castor sugar for the topping

SESAME BRITTLE

Preheat the oven to 180°C, spread sesame seeds in an even layer on an ungreased baking sheet, and toast in the oven for 5 minutes.

Stir together sugar, syrup and water in a pan over medium heat. The mixture will begin to bubble and darken. Stir continuously until it turns a caramel colour, then add toasted sesame seeds and mix quickly. Place a silicone baking mat on the baking sheet and pour the sesame mixture onto the mat. Use a silicone spatula to spread the mixture into a rectangle about 5 mm thick and leave to cool completely. Turn the brittle out onto a cutting board and cut into pieces. Store in an airtight container.

Serves 8

140 g sesame seeds
100 g white sugar
60 ml golden syrup
125 ml water

