

Blueberry & Apple Porridge Brûlée:

I love this light, rich, slightly stylish, breakfast. Who would have thought that such humble ingredients – eggs, cream, and porridge oats with apple and blueberries – could produce such a wonderful thing. It is best prepared the day before and finished off and served the next morning.

For 8 Porridge Brûlée:

6 egg yolks (use the whites for Egg White Omelette – very fashionable – or biscuits/cookies to make them crisp).

50g (2oz.) caster vanilla sugar – sugar that has had a vanilla pod resting in it for ages – or:
A teaspoon vanilla essence - if you don't have vanilla sugar.

100ml. (4fl.oz) hot full fat milk.

400ml. (14fl.oz.) double cream or (whipping cream if you prefer a light Brûlée).

75g (3oz.) Hugo's Blueberry and Apple Porridge (or just plain porridge oats – if you want to be less exotic).

To decorate:

An (red Braeburn – for colour) apple chopped in small 5mm (1/4 inch) cubes mixed with juice of half a lemon.

Small punnet of fresh blueberries.

About 100g (4 oz.) golden caster sugar or Demerara sugar.



Put the egg yolks, caster sugar (and vanilla essence, if required) into a large glass mixing bowl. With an electric whisk (or a balloon whisk, if you have the muscles) whisk the eggs and sugar until they turn pale and full of air. Gradually add the hot milk, constantly whisking. Pour in the cream and the porridge oats, whisk gently for another 30 seconds and then cover and place in the fridge for at least 6 hours or over-night.

Pre-heat the oven 150°C. 300°F Gas Mark 2.

Place 8 ramekins or Brûlée bowls onto a deep baking tray. Whisk up the Brûlée mixture, to separate the porridge, and equally pour into the ramekins or Brûlée bowls. Place the baking tray ramekins or Brûlée bowls into the oven and fill half way up the ramekin with boiling water (it is safer to do this just before you slide the baking tray into the oven). Bake for 45 minutes or until the surface of the Brûlée is just firm, with a tiny wobble in the middle. Remove from the oven and allow the Brûlée to cool on the side, out of the water-bath.

To serve; lay a single layer of apple cubes and blueberries neatly covering the top of the Brûlée. Sprinkle some Golden caster sugar over the top of the fruit, so it covers all the fruit. With a blowtorch, melt the sugar on top of the fruit – some of the fruit will char on the edges. Then serve once the bowl has cooled after you have used the blowtorch. The thin, crispy layer of sugar over the fruit just needs a little tap to break into that creamy, porridgy wonderfulness ... I am getting carried away.

You don't need to cover the top with fruit – you can, you could just sprinkle with sugar and melt with the blowtorch, for a more traditional Brûlée look!