



Brûléed Apricots with Ginger Whipped Cream

Prep Time: 10-20 minutes Calories Per Serving: 230
Cook Time: 10-20 minutes Serves: 2 people

The verb brûlé translates to "burnt" in French, but in the culinary world, it refers to lightly charring or caramelizing something. Of course, this term is best known from crème brûlée, a dessert whose topping is "burnt" with a torch to create a hardened crust over the cream beneath. Here we've used an easier technique-- broiling with butter and sugar-- to create the same effect with sweet, seasonal apricots.



1. Prepare Ingredients

Preheat broiler to high. Line a baking sheet with foil and set aside. Trim and discard skin of **ginger**. Using a microplane or smallest holes of a box grater, finely grate. Rinse **apricots**, halve, and remove and discard pits.



2. Make Ginger Whipped Cream

In a medium bowl, stir together **cream**, **powdered sugar**, and **ginger**. Using an electric mixer or a whisk, whip until thickened and fluffy and stiff peaks form, about 3 minutes. Set aside in fridge to chill.






3. Brûlé Apricots

Place **apricots** cut-side up on prepared baking sheet. Sprinkle evenly with **brown sugar**. Break **butter** into small pieces and dot over apricots. Transfer to top rack and broil until just beginning to char, 6-8 minutes.



4. Plate Apricots

Remove **apricots** from oven and top with **ginger whipped cream**. Serve warm.

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🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

The ideal distance between something you're broiling and the heat source-- the top of the oven-- is about 6 inches.

If you don't have a microplane or a box grater available, finely mince the ginger.

📏- INGREDIENTS

- ¼ inch ginger
- 4 apricots
- ¼ cup heavy cream
- 1 tablespoon powdered sugar
- 1 tablespoon dark brown sugar
- 1 packet butter

🔪- YOU'LL NEED

- baking sheet
- aluminum foil
- microplane or box grater
- whisk or electric mixer (optional)

We want to hear what desserts you'd like to see on our menu! Email your ideas to chef@plated.com.