

Silky Pumpkin Crème Brûlée Recipe: The Ultimate Fall Indulgence

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INGREDIENTS

Swaps and Notes:

Spices: If you don't have individual spices, you can swap them for 1 teaspoon of pre-mixed pumpkin pie spice.

Dairy: You can substitute the whole milk with more heavy cream for an ultra-rich custard, but avoid low-fat milk, as it can affect the texture.

Torching: A kitchen torch is highly recommended for the best, most even caramelization. If you don't have one, the broiler method works: place the sugared custards 4-6 inches under a preheated broiler for 1-2 minutes, watching constantly until the sugar melts and browns.

Instructions:

Step 1 - Preheat & Prepare:

Step 2 - Heat the Cream Mixture:

Step 3 - Mix the Egg Base:

Step 4 - Temper the Eggs:

Step 5 - Strain & Pour:

Step 6 - Water Bath Bake (Bain-Marie):

Step 7 - Chill:

Step 8 - Caramelize:

Tips for Success:

Don't Skip Tempering: Pouring warm liquid too fast into the egg yolks will scramble them. Go slow and whisk non-stop.

Strain Twice if Needed: If you are nervous about your tempering, strain the mixture twice for

absolute insurance against lumps.

Check the Wiggle: The crème brûlée is done when it is mostly set. A slight jiggle in the center is perfect; it will finish setting as it chills.

Overbaking will result in a grainy custard.

Dry the Surface: Before adding the final sugar and torching, make sure the top of the chilled custard is completely dry. Pat it gently with a paper towel if condensation has formed.

Serving Suggestions and Pairings:

Beverage Pairings: A strong espresso, a glass of spiced rum, or an iced glass of Blueberry Lemonade (if serving earlier in the day).

Toppings: A light dusting of powdered sugar or a dollop of fresh, lightly sweetened whipped cream.

The Meal: If you're building a full menu around this, the robust flavor of a main course like Cajun Chicken Sausage Gumbo would be a fantastic savory lead-in.

Nutritional Information (Per Serving, Estimated):

Storage and Leftover Tips:

Custard (Un-torched): The plain custard can be stored, tightly covered in the ramekins, in the refrigerator for up to 3 days.

Leftovers (Torched): Once torched, the sugar will eventually start to soften and dissolve from the moisture in the custard. If you have leftovers, they will still be delicious, but you will lose the satisfying crack.

More Recipes You Will Love:

For a no-bake option perfect for autumn, check out this Pumpkin Delight Dessert.

If you love combining creamy desserts with chocolate, you need to make These Chocolate Chip Cookie Dough Brownie Bombs.

Final Thoughts:

DIRECTIONS

- 1. Step 1 - Preheat & Prepare:** Preheat your oven to 325°F (160°C). Arrange 4 small ramekins (I prefer the 6-ounce size) in a deep baking dish.
- 2. Step 2 - Heat the Cream Mixture:** In a medium saucepan, combine the heavy cream, whole milk, and pumpkin purée. Warm over medium heat, stirring occasionally, until the mixture just begins to steam around the edges. Do not let it boil. Remove the saucepan from the heat immediately.
- 3. Step 3 - Mix the Egg Base:** In a separate large bowl, whisk together the egg yolks, 3/4 cup granulated sugar, brown sugar, vanilla extract, cinnamon, nutmeg, cloves, and salt until the mixture is pale, smooth, and slightly creamy.
- 4. Step 4 - Temper the Eggs:** This is the most critical step. Very slowly—a steady, thin stream—pour the warm pumpkin cream mixture into the egg mixture while you are whisking the eggs constantly. Tempering prevents the eggs from scrambling and ensures a smooth custard.
- 5. Step 5 - Strain & Pour:** Strain the entire custard mixture through a fine-mesh sieve into a large measuring cup or bowl with a spout. This step removes any small lumps or bits of curdled egg, guaranteeing a silky final product. Pour the mixture evenly into the prepared ramekins.
- 6. Step 6 - Water Bath Bake (Bain-Marie):** Carefully pour very hot water into the large baking dish, surrounding the ramekins. The water should come about halfway up the sides of the ramekins. This water bath (bain-marie) insulates the custard, promoting even, gentle cooking. Bake for 40-45 minutes. The custards are done when the edges are set, but the centers are

still slightly wobbly like gelatin.

7. **Step 7 - Chill:** Carefully remove the ramekins from the water bath and allow them to cool completely to room temperature. Once cool, cover them with plastic wrap and refrigerate for at least 2 hours, but preferably overnight. This chilling time is essential for the custard to fully set.
8. **Step 8 - Caramelize:** Just before serving, sprinkle 1 teaspoon of granulated sugar evenly over the surface of each chilled custard. Use a kitchen torch to melt and caramelize the sugar until it turns a deep amber color and forms a hard, crisp shell. Serve immediately.
9. **Tips for Success: Don't Skip Tempering:** Pouring warm liquid too fast into the egg yolks will scramble them. Go slow and whisk non-stop.
10. **Strain : Twice if Needed:** If you are nervous about your tempering, strain the mixture twice for absolute insurance against lumps.
11. **Check the : Wiggle:** The crême brûlée is done when it is mostly set. A slight jiggle in the center is perfect; it will finish setting as it chills. Overbaking will result in a grainy custard.
12. **Dry the : Surface:** Before adding the final sugar and torching, make sure the top of the chilled custard is completely dry. Pat it gently with a paper towel if condensation has formed.
13. **Serving Suggestions and Pairings:** This rich, spiced dessert pairs wonderfully with something slightly acidic or robust.
14. **Beverage : Pairings:** A strong espresso, a glass of spiced rum, or an iced glass of Blueberry Lemonade (if serving earlier in the day).
15. **Toppings:** A light dusting of powdered sugar or a dollop of fresh, lightly sweetened whipped cream.
16. **The : Meal:** If you're building a full menu around this, the robust flavor of a main course like Cajun Chicken Sausage Gumbo would be a fantastic savory lead-in.
17. **Nutritional Information (Per Serving, Estimated):**
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18. **Note:** This is a general estimate based on 4 servings and may vary depending on exact ingredient brands and portion size.
19. **Storage and Leftover Tips:** Because the signature feature of crême brûlée is the crispy sugar crust, this dessert is best enjoyed immediately after the sugar is caramelized.
20. **Custard (Un-torched):** The plain custard can be stored, tightly covered in the ramekins, in the refrigerator for up to 3 days.
21. **Leftovers (Torched):** Once torched, the sugar will eventually start to soften and dissolve from the moisture in the custard. If you have leftovers, they will still be delicious, but you will lose the satisfying crack.
22. **More Recipes You Will Love:** If you enjoyed the cozy, spiced flavors of this fall treat, try some of my other favorite recipes for satisfying your sweet tooth:

23. For a no-bake option perfect for autumn, check out this Pumpkin Delight Dessert.
24. If you love combining creamy desserts with chocolate, you need to make These Chocolate Chip Cookie Dough Brownie Bombs.
25. Final Thoughts: The Pumpkin Crème Brûlée is more than just a dessert; it's a moment of culinary sophistication achieved with simple ingredients. It's the perfect way to cap off a hearty fall meal. Give it a try this season, and prepare for the inevitable "oohs" and "aahs" when you tap that gorgeous, glassy crust.

SWAPS & NOTES

For the Custard Heavy Cream 1 cup High-fat content is crucial for a smooth custard.

Whole Milk ½ cup Balances the richness of the cream.

Pumpkin Purée ¾ cup Crucially, use 100% pumpkin purée, not pie filling.

Large Egg Yolks 4 The thickening agent.

TIPS FOR SUCCESS

Don't Skip Tempering: Pouring warm liquid too fast into the egg yolks will scramble them.

Strain Twice if Needed: If you are nervous about your tempering, strain the mixture twice for absolute insurance against lumps.

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