

# Vegan Persimmon Dessert – Bruleed Fuyu Persimmons

## Ingredients

- 4 Fuyu Persimmons, just slightly softened
- ¼ cup coconut cream
- 1 tsp. maple syrup
- 1 tsp. vanilla extract
- Pinch of salt
- 1 ½ tbsp. cornstarch
- 2 tbsp. cane sugar
- 1 tsp. corn syrup (optional)

## Steps

1. Peel the skins off the persimmons, and cut the dried flower end. Use a knife or a grapefruit end to cut a small well on the top of the top of the persimmon, making sure not to cut through the sides or the bottom of the fruit. Try to get about 1 tbsp of persimmon out of each fruit, and place the ¼ cup you scoop out in a blender. Set the little persimmon cups you've made aside until later.

2. Add the coconut milk, maple syrup, vanilla extract, and salt to the blender with the ¼ cup of persimmon. Blend until perfectly smooth, and transfer to a small saucepan. Heat on medium heat until it starts to steam, then whisk in your cornstarch. Whisk well to remove any lumps, and then continue cooking for a couple minutes until it thickens. Once thick, pour into the wells in your prepared persimmons and place them in the fridge for at least 30 minutes to set.

3. When your persimmons have cooled, it's time to prepare the bruleed sugar. Since I don't have a blowtorch, I did a bit of a cheat method (although feel free to keep it traditional if you like!). Heat the sugar, corn syrup, and 1 tsp. of water in your smallest saucepan on medium heat. Stir until the sugar has dissolved, then don't stir it again. Once the sugar has started to steam a little and turns a little golden, take off the heat and pour over your set persimmons one at a time, rotating them a little so the sugar covers the entire top. Let sit for about 5 minutes, and enjoy right away.

