



# Caramelised Apple with Vanilla Sauce



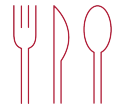
DIFFICULTY: EASY



PREPARATION TIME: 20  
MINUTES



COOKING TIME: 26 MINUTES



SERVES: 4

## Ingredients

### For the vanilla sauce

200 ml of milk  
100 g of cream  
3 egg yolks  
1 teaspoon of vanilla extract  
35 g of sugar  
1 pinch of salt  
1 small, fresh bay leaf

### For apple rings

4 medium sized apples  
6 tsp icing sugar

### To serve:

Roasted pistachios, chopped  
Almonds, chopped

## Method

For the vanilla sauce, mix together all the ingredients except the bay leaf and refrigerate for 2 hours.

Add the bay leaf to the vanilla sauce and pour into a vacuum sealed bag. Cook using FullSteam at 80°C for 20 minutes. Leave the sauce to cool, remove the bay leaf.

Core and peel apples. Cut into 4 – 5mm thick rings. Line two trays with baking paper and spread the apple across two trays. Set the oven to grill, 250 ° C. Dust the apple rings with the powdered sugar.

Insert one tray at level 4, grill for 3 minutes. Remove immediately and insert the second tray.

Place the caramelised apple rings in a small tower and pour over the cold vanilla sauce. Sprinkle with roasted pistachios and almonds, serve.

## Notes