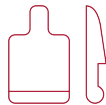




Crème Anglaise



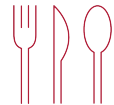
DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 6-10

Ingredients

500 ml milk

5 egg yolks

100 g sugar

1 tsp vanilla paste or 1 vanilla pod cut in half
and seeds removed

Method

Using a Cooktop

In a medium mixing bowl place your egg yolks, sugar, and vanilla paste. Wisk until everything is combined then place on top of a medium saucepan with a small amount of water ensuring the water doesn't touch the bottom of the mixing bowl.

Bring the water to a light simmer then use a spatula to constantly move the mixture focusing on the bottom as if it heats up to quickly it can scramble the mixture. Continue to cook on the bain-marie until small white dots appear in the mix, don't worry this is meant to happen. Add the milk (better to have this warm beforehand) to the mixture and continue to cook on the bain-marie until the mixture begins to thicken and can coat the back of the spatula.

Once cooked cool to room temperature before storing in the fridge. To stop a skin forming on the top cover with cling wrap directly touching the crème anglaise.

Using a Steam Oven

In a medium mixing bowl place your milk, sugar and vanilla paste. Separate your eggs and place the yolks in the same bowl. Wisk until everything is combined then place in your steamer tray and cover so the top is sealed.

Place in the oven on your steam function and set to 80 degrees. Cook for 30 minutes then remove from the oven, give it a quick stir and serve.

Notes
