



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
