

Crème Anglaise



Serves: 8

This classic vanilla custard is great for spooning over bread pudding and is the base for a deliciously luxurious vanilla ice cream.

Yield: about 1 quart

Ingredients:

1 cup	whole milk
1 1/2 cups	heavy cream
1	vanilla bean, split
8	large egg yolks
2/3 cup	sugar

Directions:

1. In a medium stainless steel saucepan add cream and milk.
2. Split vanilla bean and scrape into cream mixture. Add the bean as well.
3. Bring creme mixture to a simmer. Do not boil. Remove from heat.
4. In a large bowl whisk egg yolks and sugar together until pale yellow.
5. Slowly whisk 1 1/2 cups hot cream into yolk mixture to temper.
6. Now gradually whisk tempered egg mixture into remaining hot creme in saucepan stirring constantly to incorporate.
7. Gently whisk over low heat until custard thickens and coats the back of a metal spoon leaving a path. (I use a thermometer and bring it to 180° F.)
8. Strain sauce into bowl. Cover and chill. (Over night is best to reach maximum chill.) Ready to use as a sauce.
9. If using as custard for ice cream you can now follow ice cream freezer instructions.

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