

CRÈME ANGLAISE À LA VANILLE/ VANILLA CUSTARD SAUCE (+ BAVAROIS/ BAVARIAN CREAM!)

The classic base for vanilla ice cream and *crème brûlée*, this sauce can be made in many flavors such as citrus, chocolate or various fruits (just to name a few!).

Add cornstarch and it becomes *crème pâtissière* or add gelatin and whipped cream and it becomes a *bavarois* (see below).

A common ratio for the base is 3 large yolks and 3 tablespoons sugar for each cup of dairy. Combinations of milk and cream are often used, but some prefer all milk or all cream (richer!) for their base. You can reduce the yolks to 2 per cup of dairy for a slightly looser cream, and you can also reduce the sugar if you prefer something less sweet. Play around with it to see what suits you!

For a fruity *crème anglaise* or *bavarois* you can replace a large portion of the dairy with fruit purée e.g. 400 ml raspberry purée and 100 ml whole milk.

Here's the recipe for vanilla:

Makes approximately 2.5 cups

- 300 ml / 1 ¼ cup whole milk
- 200 ml / ¾ cup + 4 teaspoons heavy cream
- 6 large egg yolks (approximately 100 g)
- 125 g / ½ cup + 2 tablespoons sugar
- 1 vanilla bean or 1 teaspoon pure vanilla extract

1. Place milk, cream and the split/scraped vanilla bean/seeds (if using) in a medium saucepan. Bring to a simmer, turn off heat and infuse for 15 minutes. NOTE: if using vanilla extract, add it at the end of cooking.
2. In a separate heat proof bowl whisk egg yolks and sugar vigorously to a ribbon consistency.
3. Reheat the milk/cream/vanilla, bringing to a decent simmer.
4. Pour the dairy over the egg/sugar mix while whisking to combine, then return the mixture to the saucepan. Stirring constantly, cook to 82°C/180°F to the *nappé* stage – it should be slightly thickened, enough to coat the back of a spoon and hold when you draw a line through it with your finger. Do not boil.

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5. If using vanilla extract, stir that in now then strain the mixture into a clean bowl placed over an ice bath. Whisk periodically until cool.
6. Refrigerate until use (will keep for 2-3 days).

To create a *bavarois* with the above recipe you'll need 5 sheets of leaf gelatin bloomed in cold water (do this just before making the *anglaise*) and 2 cups of heavy cream, whipped and ready to go in the fridge.

Once the *anglaise* is cooked, squeeze out the leaf gelatin firmly then whisk it into the hot cream. Strain it and cool over the ice bath until just tepid. Now fold in the whipped cream and use as desired before the gelatin sets.

Typically a *bavarois* is used to fill a lined mold or form (like a *charlotte*) and is then refrigerated until set. You can also scoop or pipe it into fun individual sized silicone molds and place in the freezer until firm. When ready just pop them out of the molds, place them on a round of cake or shortbread cookie (or whatever base you dream up!) and let them thaw in the fridge until serving. Top with some fresh fruit or chocolate sauce or toasted chopped nuts or whatever your heart desires.

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