

How to make Crème anglaise

Ingredients

1 cups milk
1 cup cream
1 vanilla bean, split lengthwise
1/2 cup sugar
4 large egg yolks, at room temperature

Method

1. In a large saucepan, combine the milk, cream and vanilla bean and cook over moderately low heat just until small bubbles appear around the rim, about 5 minutes. In another medium bowl, whisk the sugar and egg yolks just until combined. Whisk in half of the hot milk mixture in a thin stream until blended (be careful not to scramble your eggs).
2. Pour the mixture into the saucepan and cook over moderate heat, stirring constantly with a wooden spoon, until the sauce has thickened slightly, 4 to 5 minutes. Set a large fine strainer over a medium bowl and set the bowl in a shallow pan of cold water then immediately strain the sauce into the bowl in the cold water bath to stop the cooking.
3. Finally, scrape the vanilla seeds into the sauce. Serve right away or refrigerate until chilled. To prevent a skin from forming press a layer of plastic wrap into the bowl and against the surface of the Crème anglaise.

