

Floating Island

Ingredients

- 3 heaping tablespoons of cornstarch
- 3/4 liters of milk (use more milk for thinner cream)
- vanilla extract
- 4 very beaten egg whites
- 4 egg yolks
- 1/2 cup sugar

Directions

- Beat the egg whites to the point of consistent meringue.
- Boil the milk with vanilla.
- Add the preparation of the whites by tablespoons and let them cook for a few minutes.
- Remove the meringue flakes and drain them on a strainer.
- Strain the milk, beat the yolks with the sugar and add the warm milk and the previously dissolved cornstarch
- Cook the cream stirring until it boils and thickens
- Serve it in a compote by placing the flakes and decorating them with pieces of jelly or fruits.
- Cool well before serving.

