

The Cannelés

Ingredients

For about 16 small cannelés

1/2 L of milk

50g butter

2 sachets of vanilla sugar

3 eggs

250 g of white sugar

100g flour

Preparation

1. In a saucepan heat the milk with butter and vanilla sugar almost to the boil.
2. Mix the eggs, sugar and flour until you obtain a smooth cream.
3. Pour the milk + butter + vanilla sugar into the cream while mixing
4. Leave to rest for at least 6 hours in the fridge.
5. Preheat the oven to 250°C
6. Bake the cannelés for 10 minutes at 250°C then lower the oven to 180° and continue cooking for 50 minutes.
7. Unmold immediately. Eat warm or cold.