



# Creme Anglaise

## WHY THIS RECIPE WORKS

We found that slow, continuous stirring over low heat gave us the smoothest *crème anglaise* recipe. Running the spoon along the sides and bottom of the saucepan prevented the yolks from curdling.

| INGREDIENTS   | INSTRUCTIONS  | SERVES 4 (MAKES ABOUT 2 CUPS) |
|---|---|-------------------------------|
| <div><div>½</div><div>vanilla bean, halved lengthwise</div></div> <div><div>1 ½</div><div>cups whole milk</div></div> <div><div>5</div><div>large egg yolks</div></div> <div><div>¼</div><div>cup sugar</div></div> <div><div></div><div>Pinch salt</div></div> | <p>If you cannot find a vanilla bean, stir 1 teaspoon vanilla extract into the finished sauce. Be sure to heat the custard slowly, stirring continuously, over low heat. When stirring, run the spoon along the sides and bottom of the saucepan to prevent the yolks from curdling.</p> <p>1. With paring knife, scrape vanilla seeds free from pod. Place seeds, bean pod, and milk in medium saucepan and heat mixture over medium heat until steaming, about 3 minutes. Remove from heat, cover, and steep for 20 minutes. Uncover, return mixture to medium heat, and heat until steaming, about 1 minute.</p> <p>2. Meanwhile, whisk yolks, sugar, and salt together in medium bowl until pale yellow in color, about 1 minute. Following illustrations 1 and 2, slowly pour 1/2 cup hot milk into yolk mixture to temper, whisking constantly. Return mixture to saucepan and cook over low heat, stirring constantly with wooden spoon, until mixture thickens slightly, coats back of spoon with thin film, and registers 175 to 180 degrees on instant-read thermometer, 5 to 8 minutes. Immediately pour mixture through fine-mesh strainer into medium bowl. Transfer to clean, airtight container, pressing piece of plastic wrap flush against surface to</p> |                               |

prevent sauce from forming skin. Cover and refrigerate until ready to use, up to 2 days.

## Step-by-Step

### Tempering Custard



1. Add 1/2 cup hot milk mixture to egg yolk mixture, stirring well to temper yolk mixture and scraping down sides of bowl.



2. Add tempered yolk mixture back to simmering milk all at once, whisking vigorously.