

Crème Anglaise

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 20 minutes

Chef's Notes

This is a very versatile dessert sauce that goes nicely with pies, tarts, cakes, and fresh fruit.

Crème Anglaise will keep for a few days in the refrigerator.

Step 1: Making Crème Anglaise

- 2 large egg yolks
- 1 cup heavy cream
- 1/4 tsp vanilla extract (1/4 inch vanilla bean)
- 1 tsp icing sugar

To start the crème Anglaise, place the egg yolks into a large bowl and then set aside. Next, pour the cream into a saucepan and heat to just before the boiling point.

Next, temper the cream into the yolks while constantly whisking. Then add the vanilla and icing sugar and whisk everything together. Now prepare an ice bath.

Next, pour the cream mixture into a clean pot. Stir constantly, over medium-low heat until the sauce is thick enough to coat the back of a wooden spoon. Do not let it come to a boil or the sauce will curdle. Place the sauce into the ice bath and stir for a few minutes to stop the cooking process. Crème Anglaise can be served with many things from fresh fruit to chocolate cake.

Note: This is a quick way to make Crème Anglaise; another way to make it is to first mix granulated sugar into the yolks and then continue on with the same cooking process. You could also use regular milk instead of cream; however, the sauce won't be quite as rich and creamy if you do.