

Crème Anglaise (Vanilla Custard Sauce)

Professional Baking, 6th Edition, W. Gisslen

Yield: about 1 ½ cups

Ingredients:

- 2 oz. egg yolks (4 yolks)
- 2 oz. sugar
- 8 oz. milk (can substitute up to half as heavy cream for a richer sauce)
- 1 tsp vanilla extract

Equipment:

- Sauce pan for water bath
- Stainless steel bowl that fits on top of pan
- 2 bowls for ice bath, one that fits into the other with a bit of room for the ice water
- Strainer
- Whisk
- Wooden spoon
- Ladle

This is a light sauce so do not expect a lot of thickening.

1. Setup an ice water bath with a smaller bowl and strainer in the ice water.
2. Add water to saucepan and bring to a simmer
3. Measure egg yolks and sugar in separate bowls.
4. Measure milk into SS bowl and set over simmering water.
5. Add sugar to egg yolks and immediately begin whisking. Whisk until sugar dissolved and the mixture becomes thick and lighter in color.
6. Once the milk has scalded, ladle milk slowly into egg mixture, whisking in each ladle full.
7. Continue adding ladles of hot milk until about half the milk is combined into the egg mixture, raising the temperature of the egg mixture. Then pour this back into remaining milk over water bath and mix with wooden spoon.
8. Continue to mix with spoon until mixture thickens enough to coat the back of the spoon or temperature reaches 180 degrees.
9. DO NOT overcook as the mixture will curdle if it gets too hot.
10. Immediately pour the sauce into the strainer over the ice water bath to cool the sauce and stop the cooking process. Stir in vanilla extract.
11. Stir occasionally as it cools. Transfer to storage container and chill completely.

Variations:

Chocolate: Melt 2 oz. semisweet chocolate into warm sauce after straining.

Coffee: Add 1-2 tsp instant coffee into warm sauce after straining.

Ice cream: Increase recipe to 12 egg yolks (8 oz.), 8 oz. sugar, and 48 oz. of milk, 1 Tbsp. vanilla.

Broccoli Squares

Yield: 9x13 pan

Ingredients:

- 2 Tbsp. butter
- 16 oz. chopped, steamed, broccoli
- 3 large eggs
- 1 c flour
- 1 tsp salt
- 1 tsp baking powder
- 1 c milk
- 2 tsp diced onion
- 16 oz. shredded cheddar cheese
- Season salt (to taste)

Equipment:

- 9x13 pan
- Mixing bowl
- Mixing spoon
- Measuring spoons and cups

1. Preheat oven to 350 degrees.
2. Melt 2 Tbsp. butter and coat 9x13 pan with melted butter.
3. Steam broccoli, drain well, and pat dry. Chop into bite size pieces.
4. Beat eggs and milk.
5. Combine flour, salt, baking powder, and 1 tsp season salt. Add to milk mixture.
6. Fold in onion, cheese, and broccoli. Reserve about 1/2 cup cheese.
7. Pour into 9x13 pan. Cover with remaining cheese. Sprinkle with season salt.
8. Bake at 350 degrees for 35 minutes.
9. Cut and serve immediately.
10. Can also be served room temperature or chilled.