



Crème Anglaise (Vanilla Custard)

If making crème Anglaise ahead of time, cool it quickly in an ice bath, cover the surface with plastic wrap or a cartouche of baking paper and refrigerate until needed. Reheat over a low heat for a few minutes.

Serves 2 as a side dish



INGREDIENTS

- $\frac{2}{3}$ cup milk (160ml)
- 1½ tablespoons castor sugar (30g/1oz)
- $\frac{1}{2}$ vanilla bean, split
- 2 egg yolks

METHOD

1. Put milk and sugar in a small saucepan, scrape in vanilla seeds and add the scraped pod.
2. Stir over a low heat, without boiling, until the sugar dissolves. Set aside.
3. Whisk egg yolks until pale.
4. Bring milk mixture just to the boil, remove vanilla pod then briefly whisk into egg yolks.
5. Pour mixture through a fine sieve back into the saucepan.
6. Place over low–medium heat and stir continuously for about 3–4 minutes, until it thickens enough to coat the back of a wooden spoon (see photo).
7. Pour into a jug and serve.