

Cannelés Bordelais, Bourbon whipped cream

Recipe for 30 cannelés

Description

A world-famous specialty from Bordeaux, France.

Note

Baking is the key to Cannelé success: tinned copper mold + vegetable wax (resistant to high temperatures) = caramelization and softness inside.

Le culottage, When using the molds for the first time, wash them (with soapy water), dry well, cover the inside with vegetable wax, place in the oven at 230°C (446°F) for 20 minutes, let cool, wipe dry again, they're ready.

Ingredients

Cannelé Pastry

- 375 Ml Milk
- 50 Gr Butter
- 125 Ml Milk
- 300 Gr Sugar
- 150 Gr Flour
- 2 Unit(s) Egg
- 1 Unit(s) Vanilla bean
- 60 Gr Amber rum

- Butter

- 0.50 Cup(s) Pecan
- 1 Tbsp Icing sugar

- Butter

Bourbon whipped cream

- 250 Ml 35% whipping cream
- 40 Gr Sugar
- 1 Tsp Cinnamon powder
- 15 Ml Bourbon

- Butter

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **395 F°**
- Resting time **1 mins**

Cannelés

The molds

Ideally, use vegetable wax or cocoa butter to grease the molds (if not, use clarified butter).

Fluted mixture

Heat the first milk (375 ml) with the butter, and when the butter has melted... off the heat, add the

second milk (125 ml), then set aside.

Mix the sugar and flour in a bowl, pour 3/4 of the milk/butter mixture over the sugar/flour mixture. Whisk until smooth, taking care not to incorporate too much air into the recipe.

Split and scrape the vanilla pod. In a second bowl, break the eggs, add the vanilla seeds, whisk gently, then add the dark rum and stir.

Pour this mixture over the milk/butter/flour/sugar mixture, stir again well, add the remaining milk/butter mixture and mix again.

Cover the cannelé recipe with cling film and place in the fridge, ideally overnight, before baking.

Bourbon whipped cream

In a cold bowl, pour your cream (cold) and whisk until peaks appear, then add the sugar, cinnamon and Bourbon. Whisk a little more to homogenize everything and keep in a cool place (filmed) until use.

Caramelized pecan powder

In a skillet over medium heat, roast the pecans and add the powdered sugar. Mix well until caramelized and well coated.

Remove onto a parchment paper and leave to cool.

Break into pieces and blend in a food processor until powdery.

Assembly

Top a Cannelé with a dollop of Bourbon whipped cream. Sprinkle with pecan powder and powdered sugar.

Bon appétit!