

Cold-infused almond milk custard |

Recipe for 4

Description

Note

We know more often the hot infusions, which usually abrupt the process much more and often too long infused.

Ingredients

Crème anglaise

- 250 Ml Milk
- 3 Unit(s) Egg yolk
- 50 Gr Sugar
- 0.25 Cup(s) Almonds

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**
- Resting time **30 mins**

Mise en place

The day before ideally, plunge the whole almonds in your milk, place the whole in the refrigerator during twelve to thirty six hours. This will allow us to carry out a cold infusion which generally allows a diffusion of the flavours in the best conditions.

Crème anglaise

In a saucepan, bring the milk to a boil (without the almonds), with a heaping tablespoon of sugar.

In a bowl, whisk the egg yolks and the remaining sugar until they are white.

While whisking, gradually add the boiling milk. Pour the mixture back into the saucepan and cook over low heat, stirring constantly with a wooden spoon until the mixture coats the back of the spoon (pass your finger over it, the trace left by the finger should not close).

Strain the cream through a chinois étamine.

If not, you will do this operation after cooling.

Cool the cream quickly on ice.

Bon appétit!