

Giant maple and vanilla Île flottante with caramelized hazelnuts |

Recipe for 4 servings

Description

Here's a classic recipe for floating island. There is a duo of crème anglaise and meringue. The whole is accompanied by a pistachio nougatine.

Note

Here is the recipe for a crème anglaise. Keep an eye on your cooking cream to get a smooth texture. The cream should coat the back of a wooden spoon.

Ingredients

For the crème anglaise

- 250 Ml Milk
- 2 Unit(s) Egg yolk
- 50 Gr Maple syrup
- 0.25 Clove(s) Madagascar vanilla

For the meringue

- 120 Gr Egg white
- 80 Gr Sugar
- 60 Gr Icing sugar

For the pistachio nougatine

- 20 Gr Icing sugar
- 40 Gr Hazelnuts

Preparation

- Preparation time **40 mins**
- Preheat your **oven** at **375 F°**
- Resting time **60 mins**

Preparation for the crème anglaise

In a saucepan, heat milk. In a large bowl, whisk the egg yolks, sugar and vanilla until the mixture whitens. Stir hot milk gradually, whisking. Return to saucepan and cook over low heat, stirring constantly with a wooden spoon until the mixture coats the back of the spoon. Refrigerate.

Preparation for the meringue

Beat the egg whites until soft peaks form. Gradually add sugar and continue to mix until a bright and firm meringue. With the spatula, add the icing sugar folding. Using a pastry bag or a spoon, fill meringue buttered ramekins and bake in the microwave about 30 seconds.

Preparation for the pistachio nougatine

In a saucepan, heat the sugar until it reaches a golden color. Off the heat add the hazelnuts. Pour the nougat on a work surface oiled so cool as quickly as possible. Cutting with a knife.

To serve

In a plate, pour the crème anglaise. Add the meringue, cooled and well drained and garnish with hazelnut nougatine.

Bon appétit!