

# 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!**