

Pomme confite au sirop d'érable et crème anglaise en cuisson sous vide |

Recipe for 4 servings

Description

Vacuum-packed fondant apple cubes with fresh thyme and maple syrup, served in a vanilla custard.

Note

If you double your recipe, remember to increase the cooking times.

Ingredients

Apple

- 2 Unit(s) Golden delicious apple
- 30 Ml Maple syrup
- 2 Sprig(s) Thyme
- 15 Ml Butter

Custard

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

Preparation

- Preparation time **45 mins**
- Preheat your **thermocirculator** at **180 F°**

Apple

Peel and cut the apples into large cubes.

Remove the leaves from the thyme and chop it up.

Mix the apple cubes, maple syrup, melted butter and chopped thyme and vacuum pack.

Cook for about 30 minutes in the thermocirculator bath and let stand for 10 minutes at room temperature before serving.

Custard

Start by mixing the egg yolks with the sugar (whiten), then cut the vanilla bean, scrape out the inside and add the vanilla paste to your mixture along with the milk.

Vacuum pack the mixture, then cook the mixture in the immersion heater for 30 minutes, shaking the bag every 10 minutes.

Let cool completely before serving.

On the plate

Pour the custard into the bottom of your presentation bowls, then add the candied apple cubes.

Bon appétit!