



Floating islands with caramel sauce

35 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

For the caramel sauce

- In a small heavy pan, add the sugar and place over high heat. Cook for a few minutes, until the sugar melts and takes on an orange color.
- Remove from heat and carefully add 3 tablespoons of water – Be careful not to burn yourselves.
- Stir until the mixture is smooth. Set aside until it cools completely.

For the islands

- Beat the egg whites and vanilla extract in a mixer on high speed, using the whisk attachment until fluffy. Add the icing sugar a little at a time until you create a meringue with stiff, shiny peaks.
- Brush 4 baking cups or pudding cups with some sunflower oil.
- Gently transfer the meringue to a pastry bag and fill the baking cups half way.
- Place the baking cups in a pan. Pour enough boiling water into the pan until it reaches halfway up the sides of the baking cups.
- Cover pan with a lid or some aluminum foil. Place over medium heat so that the water is gently simmering.
- Cook for 10-12 minutes. Remove the baking cups from the water while it is still hot. Run a thin knife between the meringue and baking cup to release it and carefully turn over on to a baking sheet.
- Allow them to cool at room temperature.

For the crème anglaise

- Combine the milk, heavy cream and 4 tablespoons sugar in a pot.
- Slice the vanilla in half, lengthwise and scrape out the seeds.
- Add both the seeds and pod to the pot and bring to a boil over medium to low heat. Remove from heat and allow mixture to cool slightly.
- In a bowl, whisk the egg yolks, 75 g sugar and corn starch. Keep whisking until the mixture is completely combined and turns a little white in color.
- Remove the vanilla pod from the pot. Add the egg mixture to the warm milk mixture and place back on low heat for 4-5 minutes. Whisk continuously until the crème thickens enough to coat the backside of a spoon. When ready, remove from heat, transfer to a bowl and refrigerate.

To serve

- Pour some chilled crème anglaise in serving dish. Carefully add the meringue over it. Drizzle with caramel sauce and sprinkle with pistachio nuts.
- Serve immediately.

Ingredients

For the caramel sauce

- 50 g granulated sugar

For the islands

- 2 egg whites
- [vanilla extract](#)
- 50 g icing sugar
- sunflower oil, for brushing

For the crème anglaise

- 500 ml milk, 3,5%
- 200 ml heavy cream 35%
- 1 vanilla pod
- 4 egg yolks
- 70 g granulated sugar
- 4 tablespoon(s) granulated sugar
- 2 tablespoon(s) corn starch
- 50 g pistachios

Διατροφικός πίνακας

Nutrition information per 100 gr.

198 Calories (kcal)	8.3 Total Fat (g)	3.4 Saturated Fat (g)	26.1 Total Carbs (g)
10%	12%	17%	10%
21.7 Sugars (g)	4.5 Protein (g)	0.45 Fibre (g)	0.1 Sodium (g)
24%	9%	2%	2%