



Personal Chef & Caterer

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## Crème Anglaise

[Vanilla Sauce]

### Ingredients

- 8 oz milk
- 8 oz heavy cream
- ½ t salt
- 4 oz sugar
- 5 egg yolks
- ½ T vanilla extract

### Procedure

1. Combine the milk and heavy cream with the salt and 2 oz of the sugar in a saucepan and bring to light boil, stirring to dissolve the sugar.
2. Meanwhile blend the egg yolks with the remaining 2 oz of sugar. Using a wire whisk.
3. Temper the egg yolks by gradually adding one third of the hot milk, whipping constantly. Return the tempered egg mixture to the remaining hot milk in the saucepan and continue cooking until the mixture thickens enough to coat the back of a spoon.
4. Strain the sauce into a metal container, stir in the vanilla extracts, and chill in an ice water bath.
5. Cover tightly with plastic wrap and store in refrigerator