

CREME ANGLAISE

(English Cream Sauce)



Ingredients:

1	Cup	Heavy Cream
$\frac{3}{4}$	Cup	Milk (either 2% or whole)
$\frac{1}{4}$	Cup	Powdered Sugar
3	Large	Egg Yolks
$1\frac{1}{2}$	Teaspoon	Vanilla Extract

Directions:

1. Heat the heavy cream and milk in a medium sauce pan over medium heat until it begins to simmer – about 2 minutes.
2. While that is heating, whisk together the eggs and powdered sugar until smooth.
3. Slowly pour $\frac{1}{2}$ cup hot cream/milk into the eggs, whisking constantly. Gradually whisk egg yolk mixture into remaining milk mixture. Continue to cook, stirring constantly until sauce thickens.
4. Whisk in vanilla extract and keep warm until serving.