

Floating Islands with Caramel Sauce

Ingredients

1tblspoon of golden syrup/honey for serving

Floating Islands:

2 large egg whites

Drop of vanilla essence

50g caster sugar

Sunflower oil for greasing*

Crème Anglaise:

250ml full fat milk

100 ml single cream

1/2 a vanilla pod or 1/2 tsp vanilla bean paste

2 large egg yolks

36g caster sugar

2tbl spoons of caster sugar in a separate bag

1tbsp of corn flour

Equipment

White tray, 3 small bowls,

Large mixing bowl

Tablespoon

Electric whisk

Baking tray

Silicon mat

Chopping board

Cooks knife



Remember a container to take home!!

Method

1. Using an electric whisk, whisk the egg whites and vanilla essence together to soft peaks, add the caster sugar and whisk until you have a stiff, glossy mix.
2. Grease four ramekins with sunflower oil using a pastry brush, then gently spoon the meringue mixture into a piping bag.
3. Snip the end off the bag and pipe out the mixture to half fill the ramekins.
4. Put them in a frying pan and pour boiling water from a kettle into the pan around the ramekins, stopping when the water comes halfway up the ramekins or before it fills the pan.
5. Cover with a sheet of tin foil and place over a medium heat so that the water is just simmering. Cook for 4-6 mins
6. Take the ramekins out of the water and, while still warm, run a palette knife all the way around the edge of the meringue to release it and carefully turn out onto a sheet of baking paper. Set aside.
7. To make the crème anglaise, put the milk and cream into a large pan. Cut the vanilla pod in half lengthways and scrape out the seeds.
8. Add the seeds and pod to the pan and bring to the boil, then take off the heat to cool slightly.
9. Whisk together the egg yolks and 36g of sugar until pale and creamy, then whisk in the corn flour and 2 tbsp sugar.
10. Discard the vanilla pod, then add the egg mixture to the warm milk and cream, and heat gently for 4-5 mins, stirring continuously until it starts to thicken and coats the back of a spoon. Strain through a sieve into a large mixing bowl.
11. To serve, pour a pool of custard into each bowl then carefully top with a meringue. Drizzle over the golden syrup and serve immediately.