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Preparation time: 1 hour 40 minutes

Cooking time: 20 minutes



Ingredients

6 egg yolks
90 g sugar
Pulp from ½ vanilla pod
200 g cream
200 g milk

Preparation

This method is borrowed from the highly recommended sous vide cookbook titled “Under Pressure” by American chef Thomas Keller.

Mix all ingredients, push through a fine sieve, and seal shut with the lowest possible amount of air in the bag.

Put into a **fusionchef** sous vide water bath at 85 °C and immediately reduce the heat to 82 °C. Cook for 20 minutes.

Remove and allow to rest. The ingredients may have separated from each other. This can be fixed by carefully shaking and manipulating the bag. Then cool in ice water.

The cream is now pasteurized and can be retained for one to two weeks in the unopened bag. When possible, freeze immediately before serving.

This recipe was generously provided by EFFILEE from the November/December 2010 issue.

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