

Floating islands with pink pralines and salted butter caramel |

Recipe for 12 tapas

Description

Here's a classic recipe for floating island. There is a duo of crème anglaise and meringue. The whole is accompanied by a salted butter caramel.

Note

Here is the recipe for a crème anglaise. Keep an eye on your cooking cream to get a smooth texture. The cream should coat the back of a wooden spoon.

Ingredients

For the crème anglaise

- 750 Ml Milk
- 9 Unit(s) Egg yolk
- 150 Gr Sugar
- 1 Clove(s) Madagascar vanilla
- 2 Tbsp Pistachio paste

For the meringue

- 10 Unit(s) Egg white
- 125 Gr Sugar
- 100 Gr Icing sugar

For the pistachio nougatine

- 150 Gr Sugar
- 50 Gr Butter
- 150 Ml 35% cooking cream
- 1 Pinch(es) Sea salt flakes

Finishing

- 12 Unit(s) Pink pralines

Preparation

- Preparation time **30 mins**
- Preheat your **microwave** at **212 F°**

Preparation for the crème anglaise

In a saucepan, heat the milk with the vanilla and pralines. In a large bowl, whisk the egg yolks and sugar for a good two minutes. Whisk in the hot milk in two batches. Return to the pan and cook over a low heat, stirring constantly with a wooden spoon until the mixture coats the back of the spoon. Chill in the fridge.

Preparation for the meringue

Beat the egg whites until soft peaks form. Gradually add sugar and continue to mix until a bright and firm meringue. With the spatula, add the icing sugar folding.

Using a pastry bag or a spoon, fill meringue buttered ramekins et cuire au four micro-ondes, 30 secondes ou 1 minute suivant la grosseur.

Dès que la meringue commence à se fendre, elle est cuite. Démoulez les îles flottantes sur un linge propre et gardez-les au frigo.

Caramel au beurre salé

In a saucepan, heat the sugar until it reaches a golden color. Ajoutez le beurre et mélangez. Ajoutez la crème chaude, fouettez et portez à ébullition environ 2 minutes jusqu'à ce que la préparation soit lisse et homogène. Idéalement, passez la sauce dans un chinois.

To serve

Crush the pink pralines in a saucepan to finish.

Pour the custard into a dessert bowl. Place the cooled and sponged islands, drizzle with salted butter caramel and sprinkle with pink praline flakes.

Bon appétit!