

Ile flottante

Ingredients (for 6 people) :

- 6 eggs
- 1 liter milk
- 120 g of sugar
- 1 vanilla bean
- 1 packet of vanilla sugar
- Pinch of salt

Floating island in the oven :

- 1 . Separate the yolks from the egg whites. Beat the egg whites with a pinch of salt. For nice and firm whites, use eggs and a container that are very cold .
- 2 . Add 50 g of powdered sugar to egg whites and a sachet of vanilla sugar. Gently fold in the sugar.
- 3 . Heat your charlotte mold over low heat. Carmelize 20 g sugar in two to three tablespoons of water. Spread the caramel over the entire wall of the mold.
- 4 . Preheat oven to 150 ° C (gas 5) for 10 minutes.
- 5 . Spoon the egg whites into the mold. Place the charlotte mold in a larger pan filled with hot water. Bake 30 minutes.
- 6 . Remove the charlotte mold from the oven and place in cold water (in the sink for example, ensuring the water does not go inside) and leave to cool.

Custard :

- 1 . Beat the yolks with the remaining sugar until light in color . Boil the milk with the vanilla bean (split and scraped) in a saucepan. Slowly pour the vanilla milk over the eggs while mixing.
- 2 . Heat the custard over low heat and stir until the foam disappears. Stir continuously to avoid lumps. Do not let it boil! If ever your cream is too runny , add a teaspoon of cornstarch . Put custard in a cold container as soon as it reaches the desired consistency. Continue to mixing until it cools slightly.
- 3 . Refrigerate the custard two hours to cool adequately.

When ready to serve :

Place the charlotte mold in hot water to soften the caramel around the sides. Turn out onto a serving dish with sides deep enough to hold the custard. Pour the custard around ... Here is your floating island! Bon appétit.