Crème Anglaise

Ingredients

2 cups half and half
1 vanilla bean, split lengthwise
½ cup sugar
5 large egg yolks
Pinch salt
1-2 T Gran Marnier, optional

Method

Using the back of a small knife, scrape the seeds from the vanilla bean. In a medium saucepan, add vanilla and half and half. Cook over medium heat for about 5 minutes or until small bubbles appear on the side of the saucepan. In a medium bowl, whisk the sugar, egg yolks and salt until thick and pale in color. Take the saucepan of vanilla half and half and slowly pour half into the medium bowl containing the egg mixture to temper the eggs. Once tempered, pour the medium bowl back into the saucepan. Cook over medium heat and stir constantly with a wooden spoon for 4-5 minutes or until the sauce has thickened slightly and could coat the back of your spoon. Use a fine sieve to strain the mixture. Whisk in Gran Marnier or another robust flavor like bourbon, brandy, amaretto, or cognac. If using vanilla extract in place of vanilla bean, add 1 ½ teaspoons at this time. Refrigerate until chilled and serve.

Recipe by Chef Crystal Leach, The Sweet Life