

Canelés

Catégorie : Avec des jaunes d'œufs

Ingrédients

- 500g whole milk
- 125g flour
- 250g sugar
- 3 egg yolks (about 60g)
- 1 vanilla bean
- 60g dark rum

Préparation

1. If I tell you a regional specialty with a good taste of rum and vanilla, you will of course say canelés!
2. Really easy little cakes to make, as long as you respect the resting time and also find the right pans for baking (here I used Le Creuset's non-stick pans).
3. The recipe is actually the brand's own, which I thought was perfect Prep time : 15 minutes + 30 minutes and one night rest +1h10 cooking For a dozen canelés : Ingredients : whole milk flour sugar 3 egg yolks (about) 1 vanilla bean dark rum Recipe : Mix the milk with the vanilla seeds and bring to a boil.
4. Cover the pan and let it infuse for at least 30 minutes.
5. Mix the flour and sugar, then add the cooled milk and egg yolks with a spatula (don't use a whisk, otherwise the batter will spill out of the moulds when cooked).
6. Finally, add the rum.
7. Strain the mixture, then put a plastic wrap on it and place it in the refrigerator overnight.
8. The next day, take out the canelés dough one hour before cooking, and pour it into the moulds.
9. Preheat the oven to 220°C, then put the canelés in the oven.
10. After 10 minutes of cooking, lower the temperature of the oven to 180°C and let cook for 1 hour more.
11. Let cool, then remove the canelés from the moulds and enjoy!

Recette imprimée depuis www.iletaitungateau.com