

# CRÈME MOULÉE A LA VANILLE

Prepared by: Michelle Innes

Source: Le Guide Culinaire by Escoffier

Dissolve 7 oz. sugar in 4 ½ cups of boiling milk; add a vanilla pod and allow to infuse for 20 minutes.

Beat 8 egg yolks and 4 eggs together in a basin then pour in the milk little by little, whisking well. Pass through a fine strainer and allow to rest for a few minutes then remove all the froth which has formed on the surface. Pour into buttered molds or into the special dishes. (i.e. ramekins)

Cook the creams *au Bain-marie* in a moderate oven covering the dish in which they are cooking. The water in the Bain-marie must not be allowed to boil at any time during the cooking. If this allowed to happen, the high temperature will cause the air mixed in with the bubbles to expand and form a mass of small bubbles; when the creams have cooled, this leaves them riddled with small holes and thus greatly mars the appearance. So to sum up, the creams must be poached, which means that they will coagulate due to the temperature of the water in the Bain-marie. This should be maintained at a constant 205 degrees F.

As soon as the creams are cooked, they should be removed from the Bain-Marie and allowed to cool.

Serve the creams in the dishes in which they were cooked or if in molds, turn over carefully and let set for a few minutes, then remove from the mold.