

## Wasabi Crème Anglais



Crème anglais is a very popular dessert sauce is pairs well with dense cakes like brownies or dry desserts like chocolate cakes or soft desserts like pies. Really, crème anglais goes with almost any dessert however crème anglais does take some practice to make so don't be discouraged if you have difficulty at first.

When you are heating the sauce to nappe (which means to coat the back of a spoon) it is very susceptible to breaking, or turning into scrambled eggs. Use a lower heat and stir constantly which a heat resistant rubber spatula making sure to scrape the bottom. If you break your anglais a little you can use a fine strainer to get some of the curdled eggs out.

Anglais can be flavored in the beginning by infusing whole spices when boiling the cream and milk. You can also use liquids like wine but be sure to reduce it and adjust the milk/cream amounts. Anglais has a delicate flavor and works well with flavored oils and extracts. Avoid using citrus fruit juice to flavor anglais – instead use the zest. Citrus juice make curdle your eggs or sour your milk – gross.

Anglais has a very delicate texture so using ground spices may not be acceptable as it may provide a noticeable grittiness to your sauce. Whole spices are better.

	1#	2#
Whole Milk	6 ounces	8 oz
Heavy Cream	6 ounces	8 oz
Sugar	1 ½ ounces	2 oz
Egg Yolks	3 each	4 each
Sifted Wasabi Powder	TT or ½ teaspoon	TT or ¾ teaspoon

1. Combine heavy cream and half of the milk in a pot with 2/3 of the sugar
2. In a separate bowl combine remaining milk, sugar, and egg yolks
3. Heat the pot to boiling and temper into eggs
4. Bring mixture back to stove and reheat to 180 degrees F (nappe), stir constantly but gently
5. Remove from heat and put in ice bath
6. Stir in wasabi to taste
7. Fill sushi with anglais.