

Œufs à la Neige
AF DuPage – Chef Chris Thielman
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Servings : 6 servings

Crème Anglaise Sauce

Ingredients:

2 cups whole milk
6 large size egg yolks
½ cup (3 ounces) granulated sugar
½ vanilla bean, split and scraped

Method:

Combine the milk and sugar in a medium saucepan. Split the ½ vanilla bean lengthwise, then scrape out the seeds and put them, and the pod, into the milk. In a separate bowl, whisk together the egg yolks.

Make an ice bath by nesting a medium size metal bowl in a large bowl filled with ice and a little cold water. Set a mesh strainer over the top.

Heat the milk until almost boiling. Remove about 1/3 of the warmed milk mixture from the pan and slowly pour it into the egg yolks, stirring constantly. Mix thoroughly, then add this mixture back into the saucepan.

Cook over medium-low heat, stirring constantly with a heatproof spatula, scraping the bottom, sides, and corners of the pan, until the custard is thick enough to coat the spatula.

When the mixture is slightly thick, **immediately** pour the custard through the mesh strainer into the chilled bowl.

Remove the vanilla pod, scraping any residual vanilla bits into the sauce. Stir the crème anglaise to help cool it down.

Meringue Snow Eggs

Ingredients:

7 egg whites (large size eggs at room temperature)
3 ½ ounces granulated sugar
Pinch of salt
2 or 3 drops lemon juice

Method:

Line a baking sheet with a clean tea towel or paper towels.

Fill a large, wide saucepan about halfway with water and heat until it comes to a simmer. DO NOT allow the water to boil!

Using a stand mixer with a whisk attachment, whip the egg whites, salt and lemon juice until they begin to look foamy. Increase the speed to medium and add the sugar, one tablespoon at a time, until the whites hold their shape. Continue whipping until the meringue looks glossy and thick (about 3 – 4 minutes).

Using two large soup spoons, scoop up a generous amount of the meringue onto one spoon, then take the second spoon to scrape it off sideways forming an oval shape. Drop the oval meringues into the simmering water. Don't crowd too many into the pan; they should be allowed to float freely. They will almost double in size as they cook.

Poach the meringues for 3 to 4 minutes, then flip each one with a slotted spoon, and poach for another 3 to 4 minutes. When cooked, remove the meringues with a slotted spoon and put them on the lined baking sheet. Poach the remaining meringues following the same procedure.

Caramel

Ingredients:

3/4 cup (5 ounces) granulated sugar

3 Tablespoons water

3 drops lemon juice

Method:

To make the caramel, heat the sugar, water, lemon juice in a small sauce pan over medium to high heat, swirling it as little as possible, so it cooks evenly, until it turns a medium amber color.

Turn off the heat. Holding the pan off the heat, stir constantly for a couple minutes, making sure that the caramel doesn't begin to clump. Use a spoon to drizzle the caramel over the meringues. Keep the caramel thin as it will harden upon cooling.

Assembly

Place a portion of the crème anglaise sauce in each serving bowl. Gently place 2 meringues on top. Lightly drizzle the caramel over the top.

Optional step: Drizzle some of the caramel onto a silicone sheet to make a decorative design. Once cooled, slowly peel the caramel garnish off the sheet and place vertically onto the meringues.