

Reckless In The Kitchen

Vanilla Bavarian

From *I Know How to Cook* by Ginette Mathiot

Ingredients:

- 2 packets of unflavored Knox gelatin
- 1 vanilla bean
- 2 c whole milk
- 1/4 c granulated sugar
- 6 egg yolks
- 1 c heavy cream

Directions:

First separate your eggs. Put the egg yolks in a bowl that can be used in a double boiler. Next get the gelatin set up; empty the three packets into a small bowl. Add 3 tablespoons of hot water. Give it a quick stir with a fork to combine and then set aside. Wash the fork immediately (trust me).

In a medium-sized pot whisk together the milk, sugar, and seeds from the vanilla bean. Bring to a simmer. While the milk heats up, whisk the mixture every once in a while to ensure the sugar is dissolved. Once the milk is simmering, pour it into a tall measuring cup with a spout. Start pouring the milk SLOWLY into the bowl with the egg yolks while whisking the mixture constantly. Continue whisking until the milk and egg yolks are combined and slightly frothy.

Put the mixture on top of a double boiler over simmering water. Keep that heat low-medium (this will depend on your stove, if you have gas keep it on low, I have gas so I had my temperature set at a medium heat). This will gradually thicken the creme anglaise and do NOT let it boil. Stir the mixture constantly. The creme anglaise is finished when it coats the back of a spoon.

Pour the creme anglaise through a fine meshed sieve into a mixing bowl. Add the gelatin to the mixture while it is still hot.

Allow the mixture to come to room temperature. While it is cooling whip the heavy cream until soft peaks form.

Once the creme anglaise is cool, gently fold the whipped cream into the mixture. Do this slowly, working in batches of 1/3 of the whipped cream at a time.

Once the mixture is completely combined pour it into a mold. Put into the refrigerator and chill for 3 hours. You could use small individual molds, or one large one like a round cake pan or a bundt pan. You could also put into fancy glasses.

After 3 hours remove from the mold and serve with fresh berries.