

# Crème Anglaise

A rich creamy vanilla custard sauce. The perfect sauce to smother our Dark Chocolate Bread Pudding in.

Created by Elemental Bread Company

## INGREDIENTS

1 C Whole Milk or Heavy Cream  
½ Vanilla Bean Seeds, split and scraped  
4 Eggs Yolks  
2 T Sugar or Honey(a little less if using honey)

### NOTES:

- Cream will result in a slightly richer sauce.
- Honey will affect the flavor, but I kind of like it.
- If you overcook the mixture once the yolks are added it will curdle...you could try straining the chunks out, but you'll most likely need to start over. You could do this in a double boiler if you want, it just takes a couple minutes longer.

## STEPS

1. Heat the milk/cream and vanilla bean seeds (if using) in a saucepan over medium heat.
2. Meanwhile, whisk egg yolks and sugar/honey in a bowl (large enough to also hold the milk) until paler yellow and sugar is dissolved.
3. As soon as the milk has begun to simmer, remove from the heat. Slowly add the hot milk into the egg mixture, a little at a time, while whisking the egg mixture constantly.
4. Once fully combined, transfer back into the pan and return to a low heat. Whisk constantly until thickened. It should leave a clean path on the back of a spoon when you run your finger across the spoon.
5. When thickened, immediately remove from heat, pass through a fine mesh strainer into a clean serving bowl.
6. Stir in vanilla extract and use as desired.

