

Île Flottante with Turmeric

30—40 Min

Preparation

1. To make the île flottante: Pour the milk into a pan. Scrape out the pulp from a vanilla pod and place the pod in the pan. Bring the milk to the boil.
2. Separate the eggs and beat the egg white and sugar until the mixture forms stiff peaks. Shape the meringue mixture into balls and boil in the milk for around 2 minutes.
3. To make the vanilla sauce: Add milk, whipping cream, ground turmeric, a scraped-out vanilla pod and its contents to a pan and bring to the boil while stirring constantly. Then remove from the heat.
4. Cream the egg yolks and sugar in a bowl until the mixture is a pale yellow.
5. Add the yolk and sugar mixture to the milk. Simmer over a medium heat while stirring constantly until the sauce thickens.
6. Chill the sauce. Serve the île flottante with the cold vanilla sauce and enjoy.

Ingredients 4 Portions

= Kotányi Produkte

For the île flottante

500 ml	Milk
6	Egg white
100 g	Sugar
1 piece	Bourbon Vanilla Pods, Whole

For the vanilla sauce

200 ml	Milk
200 ml	Whipping cream
6	Egg yolks
100 g	Sugar
1 piece	Bourbon Vanilla Pods, Whole
2 tsp.	Turmeric, Ground