



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 |

