

French Galettes and Desserts

ISLE FLOTTANTE (FLOATING ISLAND)

Ready in: 1hr 40mins Serves: 12

Ingredients

- 2 1/2 cups sugar, divided
- 1 cup water, divided
- 1 1/2 teaspoons pure vanilla extract
- 1 1/2 cups sliced almonds
- 8 extra large egg whites, at room temperature
- 1/8 teaspoon kosher salt
- 1/4 teaspoon cream of tartar

Crème anglaise

- 4 extra-large egg yolks
- 1/2 cup sugar
- 1 teaspoon cornstarch
- 1 3/4 cups scalded milk
- 1 teaspoon pure vanilla extract
- 1/2 vanilla bean, seeds of (optional)

Directions

Preheat the oven to 350°F.

FOR THE CARAMEL: Heat 1 1/2 cup of the sugar and 1/2 cup of the water in a small, heavy-bottomed saucepan until the sugar dissolves. Cook over medium heat until the syrup turns a warm caramel color. Don't stir, just swirl it in the pan.

Turn off the heat, add 1/2 cup water and 1/2 teaspoons of the vanilla; be careful, the syrup will bubble violently.

Stir and cook over high heat until the caramel reaches 230 degrees F. (thread stage) on a candy thermometer. Set aside.

FOR THE PRALINE: Combine the almonds with 1/4 cup of the caramel and spread them on a sheet pan lined with parchment paper. Bake for 10 to 12 minutes, until the almonds are lightly browned.

Allow to cool at room temperature and then break up in pieces.

Lower the oven to 250°F Line 2 sheet pans with parchment paper.

FOR THE MERINGUES: Beat the egg whites, salt and cream of tartar in the bowl of an electric mixer fitted with the whisk attachment on medium speed until frothy.

Turn the mixer on high speed and add the remaining 1 cup of sugar. Beat until the egg whites are very stiff and glossy.

Whisk in the remaining teaspoon of vanilla. With dessert spoons place 12 mounds of meringue on parchment paper and bake for 20 minutes, or until a cake tester comes out clean.

FOR THE CREME ANGLAISE:

Beat the egg yolks and sugar in the bowl of an electric mixer fitted with the paddle attachment on medium-high speed for 3 minutes, or until very thick. Reduce to low speed, and add the cornstarch.

With the mixer still on low, slowly pour the hot milk into the eggs. Pour the custard mixture into a saucepan and cook over low heat, stirring constantly with a wooden spoon, until thickened. The custard will coat the spoon like heavy cream. Don't cook it above 180F or the eggs will scramble!

Pour the sauce through a fine strainer, add the vanilla extract, and vanilla seeds, if using, and chill.

FOR SERVING: Pour creme anglaise on the bottom of individual plates. Place a meringue on top of each serving, drizzle with caramel sauce, sprinkle with praline, and serve.

To make a day or two ahead, leave the caramel and praline at room temperature and refrigerate the creme anglaise. Bake the meringues before guests arrive and assemble the desserts just before serving.

Recipe from: <http://www.geniuskitchen.com/recipe/isle-flottante-barefoot-contessa-floating-island-ina-garten-208861>

FRENCH GALETTES

Yield: Makes about 8 crepes

Active time: 25 minutes

Total time: 25 minutes

Ingredients

- 150g buckwheat flour (5.3 ounces; about 3/4 cup plus 3 tablespoons)
- 100g all-purpose flour (3.5 ounces; about 3/4 cup, spooned)
- 7g kosher salt (1/4 ounce; about 1 1/2 teaspoons)
- 1 large egg
- 300ml (1 1/4 cups) whole milk
- 325ml (1 1/3 cups) water
- Unsalted butter, for cooking
- Optional: fried eggs, grated Gruyère cheese, and thinly sliced ham, for filling

Directions

1. In a large bowl, whisk together buckwheat flour, all-purpose flour, and salt. Add egg, milk, and water and whisk until thoroughly combined and slightly aerated. (Small bubbles should initially form on surface when batter is left to stand.)
2. In a nonstick skillet or well-seasoned carbon steel crepe pan, melt about 1/2 tablespoon (7g) butter over high heat until browned and starting to smoke. Add just enough batter to thinly coat bottom of pan (about 80ml; 1/3 cup), swirling to evenly cover. Return to heat and let cook until bottom is beginning to brown well and top looks dry, 30 seconds to 1 minute. (To make sure, check the bottom for browning by gently lifting an edge of the crepe.) Reduce heat at any point to prevent burning.
3. **To Fill the Crepes:** Start by spreading a small handful of grated Gruyère cheese around the center of the crepe while it's still in the pan, on the heat. Lay a slice of ham on top of cheese and slide a fried egg on top of ham. Using a thin metal spatula (being extra careful not to scratch pan if nonstick), fold sides of crepe in to form a rectangular shape with egg yolk exposed. Continue to cook until bottom is well browned and crisp, about 30 seconds. Serve, then repeat with remaining crepe batter, butter, and fillings.
4. **To Make Crepes for Another Purpose:** Carefully free crepe from pan with a thin metal spatula (being careful not to scratch pan if nonstick), then flip and cook other side for about 10 seconds. Transfer to a plate. Continue with remaining crepe batter and butter. Keep cooked crepes stacked and covered with a clean kitchen towel while cooking remaining crepes. Crepes can be held for about 1 hour before using, then quickly reheated in a skillet.

Recipe from: <https://www.serious-eats.com/recipes/2017/05/savory-buckwheat-crepes-galettes-bretonnes-recipe.html>

CANNELÉS

Ready in: 1hr 5mins Serves: 12

Ingredients

- 2 1/2 cups milk
- 1 1/2 ounces butter
- 3 eggs, plus
- 3 egg yolks
- 10 ounces granulated sugar
- 1 tablespoon vanilla extract
- 6 tablespoons rum
- 5 1/4 ounces all-purpose flour

Directions

In a saucepan, bring the milk to a simmer, add the butter cut into dices. Mix well and let cool to lukewarm.

In a bowl, mix the eggs, egg yolks, sugar and vanilla and whisk until foamy. Slowly add the rum and flour. Add the milk slowly and whisk until smooth. Pass it through a sieve if necessary.

Let the batter rest in the fridge for a couple of hours or overnight. (I make mine the day before).

When the batter has rested, preheat the oven to 425F and divide it evenly among the muffin tins, generously coated with cooking spray or well buttered. Bake for 45 minutes to an hour.

Recipe from: <http://www.geniuskitchen.com/recipe/canneles-pretenders-242071>