Vanilla Sauce (Crème Anglaise)

DESSERTS

YIELD	ACTIVE	TOTAL	PER SERVING
≈¾ cup, ¼ cup per serving	15 min	15 min (warm) or + 2 h chill	94 kcal · 27 mg Na · 3 g protein

EQUIPMENT
Small saucepan · Wooden spoon · Fine-mesh strainer · Probe thermometer

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1	Milk, *whole*	146 g	½ cup + 2 tbsp	Warm the milk in the saucepan over medium heat until steaming, ≈3 min.
2	Egg yolks Granulated sugar Salt	34 g 20 g	2 large 1 tbsp + 2 tsp pinch	Whisk the yolks, sugar and salt in a small bowl until pale yellow, ≈1 min. Whisking constantly, slowly pour in ≈3 tbsp of the hot milk.
3				Pour the yolk mixture back into the pan with the milk. Cook over low heat, stirring constantly along the bottom and sides, until it thickens slightly, coats the spoon in a thin film and reads 175–180 °F, ≈3–5 min.
4	Vanilla extract	2.1 g	½ tsp	Strain at once into a clean bowl. Stir in the vanilla.
5				Drizzle warm, or press plastic wrap onto the surface and refrigerate until cold. Keeps 2 days.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Milk	146 g	89	63	5
Egg yolks	34 g	110	16	5
Granulated sugar	20 g	77	0	—
Vanilla extract	2.1 g	6	0	—
Total		**282**	**80**	**10**
Per serving (1/3)		**94**	**27**	**3**

Nutrition: USDA FoodData Central: SR Legacy (whole milk, egg yolks, sugar, vanilla extract). Pinch of salt not counted.

NOTES

- A 40% batch of ATK's recipe (5 yolks, 1½ cups milk, ¼ cup sugar makes ≈2 cups). Keep the heat low and keep stirring. Too hot and the yolks curdle; the strainer catches small bits.
- Vanilla bean version (ATK's original): steep the seeds and pod of ¼ bean in the hot milk, covered, 20 min. Reheat until steaming, then go on. Skip the extract.
- Made for French toast on the Braided Brioche. Also good on the Instant Pot Cheesecake or fruit.