

FLOATING ISLANDS WITH CARMEL SAUCE & BC BERRIES



INGREDIENTS

For the Crème Anglaise

6	BC Egg Yolks, large	6
12 tbsp	Granulated sugar	170 ml
1 1/2 cup	BC Milk	375 ml
1 tsp	Vanilla Extract	5 ml
3 tbsp	Butter, salted	45 ml

For the Meringue

6	BC Egg Whites, large	6
1 1/2 cup	Sugar	375 ml
1/2 tsp	Cream of Tartar	3 ml
Pinch	Sea Salt	Pinch

For the Caramel Sauce

1 cup	Granulated sugar	250 ml
5 1/2 tbsp	Water	80 ml
1/2 cup	BC Whipping Cream	125 ml
1 tbsp	Butter	15 ml
1 cup	BC Berries, Fresh	250 ml

DIRECTIONS

1. Bring milk to a simmer in a non-reactive pot over medium heat.
2. While waiting for the milk, make the meringue. Add egg whites, salt and cream of tartar to a mixing bowl.
3. Whip until the whites become frothy. Continue to whip and slowly add the sugar. Continue to whip until stiff peaks are formed. Do not over mix.
4. Using two spoons, form quenelles and place into the hot milk. Cook for 30 seconds per side. Remove to a plate and reserve.
5. Now make the crème anglaise. In a bowl, add the egg yolks and sugar.
6. Mix until light yellow and frothy.
7. Add all of the hot milk slowly to the egg mixture in order to avoid cooking the eggs.
8. Add the mixture back to the pot and place on low heat.
9. Use a wooden spoon and stir constantly. The mixture will begin to thicken.
10. The sauce is done when a line can be made on the back of the spoon.
11. Add the vanilla and butter.
12. Strain the hot sauce into a bowl and cover with plastic wrap. Be sure to put the plastic wrap directly on the sauce to cool in order to avoid skin forming.
13. While waiting for the sauce to cool, it is time to make the caramel sauce.
14. Place sugar and water into a pot.
15. Over high heat, cook the mixture until an amber colour is reached.
16. Remove the sugar from the heat and carefully stir in the cream then the butter.
17. Cool to room temperature.
18. To assemble place 250ml of crème anglaise in the bottom of a martini glass or shallow bowl.
19. Top with cooked meringues, drizzle with caramel and garnish with fresh berries.