

CANELÉ DE BORDEAUX

(YIELD: 10 CANELÉ)



INGREDIENTS

1. 250g whole milk
2. 25g butter
3. 2 vanilla beans
4. 100g heavy cream
5. 95g flour
6. 200g sugar
7. 60g eggs (~1.5 whole eggs)
8. 10g egg yolks
9. 30g spiced rum

PREPARATION

1. (STEP 1: The batter) Use the point or edge of the knife to scrape the seeds loose from the vanilla bean pod.
2. Combine the **vanilla beans**, the **butter**, and the **whole milk** together in a saucepan. Cook and use a thermometer to check the temperature, and remove from the stove when the temperature reaches 180 degree F/80 degrees C.
3. Transfer to a new bowl and add the **heavy cream**. Let the batter cool down for 20~30 minutes.
4. Sift the flour. Then add to the flour bowl the following ingredients: **sugar, eggs, egg yolks, spiced rum**. The spiced rum you choose does make a difference. You choose the wrong spiced rum and your canelés are ruined. Recommended: Rhum Gélifié Ravel. Mix all the ingredients and beat this batter with the **leaf** attachment (better with the hook attachment). Now, your batter is ready. Cover with plastic wrap over a plastic or glass container.

5. (STEP 2: Resting) Place the batter in the fridge for 1~2 days minimum.
6. (STEP 3: Preparing the mold) To coat copper molds, use an oil spray (Aligro Rue Francois-Dussaud 15 1227 Geneve Suisse). Flip the molds upside down on paper towel. Put the molds in the freezer until use.
7. (STEP 4: Cooking) To pour the batter, you may use a bottle pourer with spout, or a cone tool. Before pouring the batter into the molds, place the batter at room temperature for about 1 hour. Pour the batter into the canelé molds, they should be 4/5 full, not more.
8. (STEP 4.1 First baking step) Bake in preheated oven at 400 degrees F for 15 minutes.
9. (STEP 4.2 Second baking step) Then lower the temperature to 360 degrees F and bake for 50 minutes. The canelé should not rise too much, the top should be flat. You might have to adjust the baking time, every oven is unique.
10. (STEP 5: unmold) To unmold, don't pull the canelé, you could tear it. While it is still hot, grab the canelé mold with a towel and bang it upside-side down. When it sticks, use a wooden stick to unmold.

You may keep those canelés in a box in the fridge ... bon appétit