

HOW TO MAKE

Iles flottantes

Shopping list

- 6 eggs
- 4 ounces sugar, plus one cup
- 2 cups milk
- 2 TBS vanilla extract
- 1 TBS lemon juice
- 1 TBS water

Step

1

Whisk together the egg yolks and the sugar. Boil the milk with the vanilla. Pour the hot milk on the eggs, whisking all the time. Return to the saucepan to cook. Chill.

2

Whisk the egg whites, when they foam add half the sugar, keep whisking as you add the rest of the sugar, until the egg whites are fluffy, shiny and firm. Place in little spherical containers that can go in the microwave. Microwave one by one at 40% for 30 seconds. Cool and unmold on a piece of parchment paper.

3

Prepare the caramel: melt the sugar in a saucepan with a table spoon of lemon juice and a table spoon of water.

As the caramel cooks prepare the islands (cream plus a sphere of white). Pour filaments of hot caramel on each island and serve. The caramel can also be "molded" on a greased form (an inverted little bowl for example).

What you need (serves 6)

- 6 egg yolks
- 2 ounces sugar
- 2 cups milk
- 2 TBS vanilla extract

- 6 egg whites
- 2 oz sugar

- 1 cup sugar
- 1 TBS lemon juice
- 1 TBS water

Marguerite's tip

