

Taste the Hills

Recipes and Tips

Floating Islands with custard and caramel

Another of my favorites and much easier than you think.

Serves 4

425 ml milk
300ml double cream
2 tsp caster sugar
1 vanilla pod
2 level tsp cornflour
4 egg yolks
For the meringue
3 egg whites
salt
170g caster sugar
Cointreau or Grand Marnier (optional)

For the caramel

100g sugar

Method

- 1 Place half the milk, the cream and the sugar and vanilla in a pan and bring to the boil and leave to infuse.
 - 2 Mix the cornflour with a little water and pour on the milk. Pour back into a pan and simmer for 4 mins.
 - 3 Beat the yolks and pour on the cream mixture in a thin stream and beat until it coats the back of a spoon. (add liqueur if wanted) Cover with cling film.
 - 4 Half fill a saute pan with water and bring to a simmer.
 - 5 Whisk the whites with a pinch of salt until stiff but not dry. Whisk in the caster sugar slowly.
 - 6 Scoop out tablespoon of the meringue into the water and cook for 30 seconds. Drain on a clean tea towel or wire rack. Arrange on the custard.
 - 7 Dissolve sugar over gentle heat until golden brown and pour over the islands.
- Chef's note – The custard can be flavored with orange zest or coffee and if you don't feel up to making caramel – buy some caramel sauce, or chocolate sauce or raspberry sauce.....
This is delicious hot, cold or best of all warm.

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