



Canelés de Bordeaux

Oscar · 29/09/2024



Prep Time

5 mins

Dificult

Medium

Servings

1 hr 35 mins

Description

Canelés are small French custard cakes with a crispy crust. They're traditionally baked in special fluted molds, but I improvised with a muffin tin and the results were pretty amazing. Just be sure you bake them long enough to achieve the classic caramelized exterior.

Ingredients

— - 1 cup all-purpose flour - 1 cup white sugar - 4 egg yolks - $\frac{1}{4}$ cup rum - 1 teaspoon vanilla extract - $\frac{1}{4}$ teaspoon kosher salt - 2 cups whole milk - 2 tablespoons unsalted butter - 1 teaspoon unsalted butter - 2 tablespoons butter - 2 tablespoons beeswax

Instructions

1. Make the canelés: Mix flour
2. sugar
3. egg yolks
4. rum
5. vanilla
6. and salt together in a mixing bowl with a spatula
7. smearing until a smooth paste forms. Continue mixing until flour is fully incorporated. Combine milk and 2 tablespoons plus 1 teaspoon butter in a saucepan over medium-high heat. Bring to a simmer
8. then immediately remove from the heat. Slowly add 1/2 of the hot milk mixture to the canelés batter
9. whisking quickly to avoid cooking the egg yolks. Slowly whisk in remaining milk mixture until batter is smooth and thin. Preheat the oven to 450 degrees F (230 degrees C). Prepare a 12-cup muffin pan: Melt butter and beeswax in a skillet over medium heat. Remove from the heat
10. then stir with a pastry brush. Generously brush the bottom and sides of each muffin cup. Ladle canelés batter into muffin cups until almost to the top. Bake in the preheated oven for 10 minutes. Reduce the heat to 375 degrees F (190 degrees C)
11. and continue baking until canelés are very well browned
12. about 50 minutes. Remove from the oven and cool in the pan for 5 minutes. Run a thin blade around the sides and carefully loosen canelés from the cups. Invert onto a cooling rack. Let cool completely to room temperature to create a crispy surface. Chef's Notes You can use 1/8 teaspoon of fine salt instead of 1/4 teaspoon of kosher salt. Greasing the muffin tins with the beeswax and butter mixture is essential in achieving the classic texture and crispy exterior. Use only pure food-grade beeswax without any additives. These only stay crispy for about eight hours. So consider this fair warning if you plan to make them a day ahead. I've never tried to re-crisp them.