



Ginger Creme Anglaise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



853 kcal

SIDE DISH

Ingredients

- ☐ 5 large egg yolk
- ☐ 1 teaspoon ground ginger
- ☐ 2 cups cup heavy whipping cream
- ☐ 3 servings ice cubes
- ☐ 1 pinch salt
- ☐ 0.7 cup sugar
- ☐ 1 cup milk whole

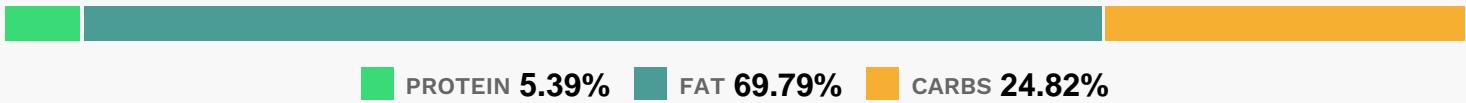
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Whisk cream, milk, sugar, ginger, and salt in a small pot. Bring to a simmer over medium heat, stirring to help sugar dissolve. When mixture begins to bubble around edges of pot, remove from heat.
- ☐ Fill a large metal bowl halfway with ice and cold water and set aside. Put egg yolks in a bowl, whisk lightly, and whisk in about 1/2 cup hot cream mixture.
- ☐ Pour egg-cream mixture back into pot and whisk to blend. Cook over medium-low heat, stirring with a heatproof spatula, until mixture reaches 160 to 165 on an instant-read thermometer and thickens a little bit, 5 to 8 minutes.
- ☐ Strain crme anglaise through a fine-mesh strainer into a medium bowl and set in a larger bowl of ice and cold water. Stir frequently until chilled, about 10 minutes. Chill, plastic wrap pressed against surface, at least 1 hour and up to 3 days.

Nutrition Facts



Properties

Glycemic Index:36.03, Glycemic Load:32.47, Inflammation Score:-8, Nutrition Score:15.009130353513%

Nutrients (% of daily need)

Calories: 852.84kcal (42.64%), Fat: 67.56g (103.94%), Saturated Fat: 40.73g (254.56%), Carbohydrates: 54.07g (18.02%), Net Carbohydrates: 53.97g (19.63%), Sugar: 53.08g (58.98%), Cholesterol: 495.05mg (165.02%), Sodium: 103.69mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.48%), Vitamin A: 2872.93IU (57.46%), Vitamin B2: 0.57mg (33.51%), Vitamin D: 4.96µg (33.09%), Selenium: 22.81µg (32.59%), Phosphorus: 285.79mg (28.58%), Calcium: 244.2mg (24.42%), Vitamin B12: 1.25µg (20.76%), Vitamin B5: 1.56mg (15.58%),

Vitamin E: 2.23mg (14.88%), Manganese: 0.24mg (12.21%), Folate: 47.8µg (11.95%), Vitamin B6: 0.21mg (10.42%), Zinc: 1.4mg (9.34%), Potassium: 313.31mg (8.95%), Vitamin B1: 0.13mg (8.5%), Magnesium: 24.27mg (6.07%), Iron: 1.09mg (6.04%), Vitamin K: 5.53µg (5.26%), Copper: 0.06mg (2.77%), Vitamin B3: 0.26mg (1.29%), Vitamin C: 0.96mg (1.16%)