



PREPARATION GUIDE: CANNELES

for 6 people

preparation time: 25 min

cooking time: 1 h 05 min

Easy

INGREDIENTS

1/2 l. of milk
2 eggs + 2 egg yolks
1/2 vanilla bean or 2 packets of vanilla sugar
1 tablespoon rum
100g flour
250 g caster sugar
50g butter
1 pinch of salt

PREPARATION

STEP 1

Boil the milk with the vanilla and butter.

2ND STEP

Meanwhile, mix the flour with the sugar.

STEP 3

Add the eggs and boiling milk to the flour and sugar.

STEP 4

Mix gently to obtain a batter as slurry as a pancake batter.

STEP 5

Let it cool.

STEP 6

Add the rum.

STEP 7

Place it 1 hour in the fridge

STEP 8

Preheat the oven at 270 °C with the tray in it.

STEP 9

Place the mould on the tray in the hot oven (270 °C) during 5 min, then put the temperature down to 180 °C during 1 h. The “cannelés” must have a brown crust and a soft dough inside. Take the cannelés out of the mould while still hot.

