

CORDELIA  
DE CASTELLANE

# LIFE IN A FRENCH COUNTRY HOUSE

ENTERTAINING  
FOR ALL SEASONS



RIZZOLI  
NEW YORK



FALL

# SANAZ'S CRÈME CARMEL

RECIPE



15 SUGAR CUBES – 5 CUPS MILK – 5 EGG WHITES – 10 EGG YOLKS  
1 CUP SUGAR – 1 VANILLA POD, SEEDS SCRAPED

**M**elt the sugar cubes in a saucepan or a mold over low heat until they turn a reddish-brown color. Remove from the heat and swirl the pan or mold from side to side so that it is caramelized all over, including the edges. Leave to cool.

Bring the milk to boil in another saucepan.

Beat the egg whites until they form stiff peaks.

In a large bowl, mix the egg yolks with the sugar and vanilla. Pour in the warm milk and whisk vigorously to obtain an even mixture. Add the beaten egg whites and mix carefully. Pour the entire mixture into the caramelized mold and cook it over a double boiler for 40 minutes.

Leave to cool before removing from the mold.