

# Snow eggs (oeufs à la neige)

## Ingredients

### For the meringue

300ml/10fl oz egg white (about 8-9 eggs)  
450g/1lb caster sugar  
300ml/10fl oz whole milk  
pinch salt  
1 vanilla pod, seeds removed and pod kept

### For the crème anglaise

500ml/18fl oz milk  
1 vanilla pod, split  
6 free-range egg yolks  
120g/4oz caster sugar  
dash of alcohol of your choice, such as coconut liqueur (optional)

### For the caramel flaked almond

200g/7oz caster sugar

### To garnish

100g/3½oz almonds

## Method

1. For the meringue, whisk the egg whites in a large grease-free bowl with an electric hand whisk on fast speed, until stiff peaks form when the whisk is removed. Add one tablespoon of the sugar and continue to whisk until the mixture comes back to stiff peaks. Keep adding sugar one tablespoon at a time until the meringue is thick and glossy.
2. Mix the milk with 300ml/10fl oz water and bring to a simmer in a pan with the salt, vanilla pod and seeds.
3. Using two large tablespoons or serving spoons dipped in cold water, shape the meringue into quenelles. Drop into the simmering milk. Cook for 4–5 minutes, turning over halfway through. Remove and place on a cooling rack or lined tray.
4. For the crème anglaise, bring the milk to the boil with the vanilla pod. Remove from the heat, cover and leave to infuse for 5–10 minutes.
5. Beat the yolks with the sugar until thick and creamy. Bring the milk back to the boil and pour onto the yolk mixture, whisking continuously. Return to the saucepan and cook over a low heat, stirring continuously with a spatula until it thickens slightly. Remove the pod and stir in the alcohol, if using.
6. For the caramel flaked almond, put the sugar in a medium frying pan and cook until a soft caramel is formed.

Preparation time

**less than 30 mins**

Cooking time

**10 to 30 mins**

Serves

**Serves 8-10**

Dietary

**Vegetarian**

Meringue islands floating in custard are a sweet milky dessert, also known as floating islands, or îles flottantes.

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**From** Saturday Kitchen

7. Toast the almonds in a pan until fragrant.
8. To serve, pour the crème anglaise into a serving bowl and float the meringues on top. Drizzle over the caramel and toasted almonds.