



Miele

Caneles

By Miele

10 minutes

Preparation time

50 minutes

Cooking time

20 serves

Serves

INGREDIENTS

- 500ml milk
- 50g butter
- 1 tsp vanilla paste
- 250g castor sugar
- Pinch of salt
- 2 eggs
- 2 egg yolks
- 100g bakers flour
- 35ml rum
- Melted butter to grease moulds

METHOD

1. Refrigerate or freeze copper canele moulds.
2. Heat the milk, butter and vanilla together on medium heat, Induction setting 6, until the butter is completely melted, and the milk is just below boiling point.
3. Place sugar, flour, eggs, rum, and salt in a blender. Blend on a slow to medium speed until mixed.
4. Slowly incorporate the warm milk and butter. Blend for approximately one minute, or until smooth. You should have a very thin batter. Strain the mix and place in the refrigerator to rest.
5. After at least 10 minutes, remove the cold moulds from the refrigerator or freezer. Using a pastry brush, thoroughly grease the moulds with the melted butter. Using cold moulds causes the butter to set, applying a thin coating.
6. Pre-heat the Oven on Fan Plus at 190°C.
7. Fill each mould three-quarters full with the mix.
8. Place caneles into the Oven on shelf position 2 and bake for approximately 45-50 minutes, or until very dark.
9. Once cooked, remove from the Oven and remove the caneles from the moulds, this will give a crispier result and prevent them from sticking.