

THE CANELÉ RECIPE («CANELÉ DE BORDEAUX»)

The Recipe

<https://www.cuisinedaubery.com/recipe/canele-recipe/>

Canelé are delicious French small pastry with a soft and tender custard center and a dark, thick caramelized crust, that taste Rum and Vanilla. You can't escape them in you visit France!

Preparation Time: 20 Minutes

Cooking Time: 1 H

Ready in: 10 H

Yield: 14 Canelés, 2 inches tall

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Dessert, Cookies,

Ingredients

For 14 Canelés, 2" (or 5 cm) in diameter

1 Cup Whole Milk (250 grams)

2 Tablespoons Butter (25 grams)

2 Vanilla Beans

1/2 Cup Cream (100 grams)

2/3 Cup Flour (95 grams)

1 Cup Sugar (210 grams) white sugar

2 Tablespoons Eggs (60 grams)

1 teaspoon Egg Yolks (10 grams)

2 Tablespoons Spiced Rum (30 grams)

For 10 Canelés, 2" (or 5 cm) in diameter

3/4 Cup Whole Milk (178.5 grams)

1 Tablespoon Butter (17.8 grams)

1.4 Vanilla Beans

1/3 Cup Cream (71.4 grams)

1/2 Cup Flour (67.8 grams)

2/3 Cup Sugar (150 grams) white sugar

2 Tablespoons Eggs (42.8 grams)

1 teaspoon Egg Yolks (7.1 grams)

1 Tablespoon Spiced Rum (21.4 grams)

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For 6 Canelés, 2" (or 5 cm) in diameter

- 1/2 Cup Whole Milk (107.1 grams)
- 2 teaspoons Butter (10.7 grams)
- 0.8 Vanilla Bean
- 3 Tablespoons Cream (42.8 grams)
- 1/4 Cup Flour (40.7 grams)
- 1/2 Cup Sugar (90 grams) white sugar
- 1 Tablespoon Eggs (25.7 grams)
- 1 teaspoon Egg Yolks (4.2 grams)
- 2 teaspoons Spiced Rum (12.8 grams)

Steps

1. Use the point or edge of the knife to scrape the seeds loose from the pod
2. Combine the Vanilla Beans, the Butter (2 Tablespoons or 25 g) and the Whole Milk (1 Cup or 250 g) together in a saucepan
3. Cook and use a thermometer to check the temperature, and remove from the stove when the temperature reaches 180 F / 80 C
4. Transfer to a new bowl and add the Cream (1/2 Cup or 100 g)
5. Let the batter cool down, for 20/30 minutes
6. Start by sifting the Flour (2/3 Cup or 95 g)
7. Then add to the bowl: the Sugar (1 Cup or 210 g), the Eggs (2 Tablespoons or 60 g), the Egg Yolk (1 teaspoon or 10 g) and the Spiced Rum (2 Tablespoons or 30 g)
8. The Spiced Rum you choose does make a difference. Should you choose the wrong Spiced Rum, and your canelés won't taste as expected...
9. "Ravel Gastronomie" : To purchase online, see [HERE](#)

How to beat the batter

10. Do NOT use the whisk, as it would incorporate too much air into the batter !
11. If you are using a stand mixer (kitchen aid type), do not use the "leaf" either, for the same reason
12. If you are using a stand mixer, the right attachment to use is the hook. Otherwise, you can mix the ingredients by hand, using a spatula
13. Mix all those ingredients : Either with the kitchen aid with the hook, or by hand using a spatula
14. Pour the liquid
15. Your batter is ready
16. Cover with plastic wrap
17. Use a plastic or glass container

Step 2: Resting time

18. Place the batter in the freezer for 12 hours minimum

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19. Then, transfer the batter to the refrigerator for 24 hours

Step 3: Cooking

20. The best molds are made of copper, which are more expensive than the molds made in silicon

21. Silicon molds won't make crusty Canelés but they remain a good alternative

22. I purchased my copper molds while visiting the beautiful little town of Saint-Emilion, not far from Bordeaux

23. If you are visiting France, make sure you purchased a few copper molds, as they are WAY cheaper than products bought online (Amazon)

Pâtisserie Lemoine
9 Rue du Clocher
33330 Saint-Émilion

Coating

24. If you are using copper molds, do not coat them with butter !

25. Silicon mold do NOT need oil or butter coating

26. To coat copper molds, use an oil spray

27. Flip the molds upside down on paper towel

Aligro
Rue François-Dussaud 15
1227 Genève
Suisse

To pour the batter, you may use a measuring cup with spout, or a cone tool like this one : "Piston Funnel"

To purchase online, see [HERE](#)

28. Before pouring the batter into the molds, place the batter at room temperature for about 1 hour

29. Pour the batter into the caneles molds, they should be 3/4 full, not more

30. Molds should be 3/4 full, not more

Oven

31. The best oven for this recipe is a convection oven (with a fan) that circulates the air

32. Bake in preheated oven at 405 F / 210 C for 15 minutes

33. Lower the temperature to 360 F / 180 C for 45 minutes to one hour

34. As you can see, this baking technique works ! The canelés have not risen too much and the top is flat which is what I wanted.

35. You may have to adjust the baking time, every oven is unique !

How to unmold with copper molds

36. To unmold, don't pull the canelé, you could tear it. While it's still hot, grab the canelé mold with a towel and bang it upside-down

37. Sometimes, the sprayed oil is not enough.... it still sticks !

38. Using a wooden stick I can unmold more easily

Resting time...

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39. Not ready yet... Do allow the canelés to rest 2 hours to cool down and to develop their delicious taste