

French cannelés bordelais with the thermomix

7 min	7 min 100 min	7 min 100 min 107 min	7 min 100 min 107 min 3/10
7 min 100 min 107 min 3/10 8	7 min 100 min 107 min 3/10 8 7	7 min 100 min 107 min 3/10 8 7	18

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500G of milk
220G of sugar
120g of flour
10G of vanilla extract
10G of oil
10G of rum
2 eggs
1 egg yolk

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To cook an easy recipe for authentic cannelés, a specialty from Bordeaux :

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Bring the milk and vanilla in the bowl of the Thermomix and adjust 7 min to 100°C at speed 1.

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Let cool in a bowl.

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Put rum, sugar, flour, eggs and egg yolk in the bowl and set 30 seconds at speed 4 and add gradually the warm milk.

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Put 12H in the fridge.

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The next day, preheat the oven to 180°C.

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Oil the fluted molds and pour the mixture to 3/4 of each mold.

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Put in the oven during 1h30.

Let cool and serve. Treat your taste buds and eyes with these delicious Thermomix cannelés. Yum ;)