

The Canelés



Serves :

12 à 20



Prep :

45 min.



Rest :

Freezing : -
Refrigeration : 24 / 48h



Cook :

Temperature : 180°C
Time : 45 min.

Special equipment

- Copper canelé molds Ø 4.5 cm
- Silicone canelé mold (second choice)
- Baking tray
- Slider (preferred option!)
- Greasing spray (release spray)
- Beeswax (very demanding)

List of recipes

- ✓ Canelé batter
- ✓ Mold preparation (greasing)
- ✓ Baking



Steps

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🔗 **Making the canelé batter**

Minimum rest time of 12 hours in the refrigerator (up to 3 days)

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🔗 **Preparing the molds (if using beeswax)**

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🔗 **Preparing the molds (if using the slider)**

Preheat the oven to 220°C

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🔗 **Baking**

45-50 minutes at 180°C

Unmold while hot!

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🔗 **Tasting**

Wait 2 to 3 hours after removing from the oven before tasting

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Preparation of the batter

Ingredients

- ☑ ½ L ~ Whole milk
- ☑ 140 g ~ Pastry flour
- ☑ 50 g ~ Whole egg (x1 medium egg)
- ☑ 40 g ~ Egg Yolks (x2 large egg)
- ☑ 1 ~ Vanilla bean
- ☑ 140 g ~ Blond cane sugar
- ☑ 100 g ~ Powdered sugar
- ☑ 25 g ~ Unsalted butter
- ☑ 50 g ~ Dark rum

Preparation of Vanilla Milk:

- In a large saucepan, pour 500 g of milk. Split a vanilla bean in half, scrape out the seeds, and add everything (both the pod and seeds) into the milk.
- Bring the milk to a boil, then remove it from the heat and add 25 g of cold butter.
- Cover and let it infuse while preparing the other ingredients.
- (Note: the milk must be used at a maximum temperature of 84°C!)

Preparation of Sugar:

- Using a food processor, finely grind 140 g of blond cane sugar.

Mixing the Dry Ingredients:

- In a large bowl, sift 140 g of T45 flour and add 100 g of powdered sugar along with the ground cane sugar.
- Create a well in the center of the mixture.

Preparing the Eggs:

- Weigh 50 g of whole egg to ensure precision.
- Do the same to obtain 40 g of egg yolks.
- Whisk the eggs gently without incorporating air to avoid forming any foam.

Incorporating the Eggs:

- Pour the eggs into the center of the flour-sugar mixture.
- Using a spatula, gently mix, starting from the center and gradually widening the motion.
- (The goal is to achieve a smooth mixture while avoiding incorporating air.)

Incorporating the Hot Milk:

- Make sure the vanilla milk is at 84°C maximum and that the butter is fully melted into the mixture.
- Pour a small amount of hot milk (about a small glass) into the egg-flour mixture, then gently mix with the spatula to combine the batter.
- Gradually add the rest of the milk in 2 to 3 batches, this time using a whisk, but be careful not to incorporate too much air.

Incorporating the Rum:

- Finally, add 50 g of dark rum if possible.
- Mix just enough to get a smooth batter.

Straining the Mixture:

- Strain the mixture using a fine sieve (or chinois) into a tall container with a spout.

(Don't forget to retrieve the vanilla pod from the batter!)

Resting the Batter:

- Cover the preparation with plastic wrap, placing it directly in contact with the batter to prevent a crust from forming.
- Let it rest in the fridge for 12 to 48 hours.
- (This resting period is crucial for the maturation of flavors, optimal flour hydration, and the removal of any air bubbles.)



Graissage des moules en cuivre

Important: For first-time use, molds must be seasoned (see notes on page 6).

Option 1: With Beeswax (100%)

This method can be done a few days in advance!

- Preheat the oven to 80-90°C.
- Cut at least 200 g of beeswax into small pieces to help it melt.
- Place the wax pieces in a large heatproof jar. Melt the wax in the oven at 90°C, using convection, for about 1 hour. (Keep a close eye on it as it melts).
- Once the wax is fully melted, immediately pour it into the preheated copper molds. Fill the molds up to the rim, then quickly pour the wax back into the jar, leaving only a thin layer inside the mold.
- Place the mold upside down on a wire rack and let it set for 5 to 10 minutes.
- The wax coating should be very thin and almost translucent. If it's not, place the molds upside down on the rack again and return them to the oven at 80°C for 3 to 5 minutes, just until the excess wax drains off. (The excess wax will drain quickly, all at once). Once the excess wax has drained, immediately remove the molds from the oven.
- Store them in the refrigerator until their next use.

Option 2: With Release Spray

I do not recommend this method, as it tends to cook the outside of the canelé too quickly, leaving the interior undercooked.

This method must be done just before baking the canelés.

- Generously spray the molds with oil.
- Using a brush, evenly coat the entire interior of the molds with the oil.
- Turn the molds upside down on absorbent paper to remove any excess oil. Note: There should never be an accumulation of oil at the bottom of the molds!
- You will need to turn the molds over at the last moment, just before pouring in the canelé batter.

Option 3: With Slider

This is the method I recommend, as it combines all the benefits of beeswax without the drawbacks. Additionally, the slider is specifically designed for baking canelés.

To be done just before baking the canelés.

- Using a brush, coat the entire interior of the mold with the slider.
- Then, place the molds upside down on absorbent paper to remove any excess grease.
- The molds should be turned over at the last moment, just before filling them with the canelé batter.



The baking

- Preheat the oven to 220°C with convection while you properly grease the molds. (I highly recommend using the slider for this step).
- Once the molds are well greased, take the canelé batter out of the refrigerator.
- Using a whisk, gently mix the batter for 1 minute, ensuring not to incorporate any air.
- Fill the molds, leaving a 3 to 5 mm gap from the top, and pour the batter as close to the bottom of the mold as possible to avoid creating air bubbles.
- Attention: Do not overfill the molds to avoid spills during baking, especially when using copper molds for the first time.
- Place the molds on a baking tray lined with parchment paper to make cleaning easier afterward.
- Immediately place the molds in the oven and reduce the temperature to 180-190°C.
- Start checking the baking after 40 minutes. At this point, the top of the canelé should begin to darken.
- You can easily check the baking by removing a mold and turning the canelé upside down. If the baking is not sufficient, return the canelé to its mold and put it back in the oven. Repeat this check every 5 minutes until satisfied.
- When the canelé has the desired color, remove them from the oven and unmold them immediately by turning them onto absorbent paper. Use heat-resistant gloves or a snail tongs to handle the molds safely.
- Then place the molds upside down on absorbent paper to let them cool. You can also let the canelés cool on a wire rack.
- The canelés should rest for 2 to 3 hours before being eaten. If you eat them too soon, the crust will be too hard!



❖ Copper Molds – First Use!

Before using your copper molds for the first time, it is essential to season them. To do this, wash them with soapy water, rinse them thoroughly, and dry them with a clean cloth (avoid using the dishwasher).

Next, apply a thin layer of release spray. Place the molds in the oven at 200-220°C for 20 minutes.

Once the time has passed, remove them from the oven, let them cool, and wipe them with absorbent paper. Your molds are now ready to be used!

After use, do not wash them, simply wipe them with absorbent paper!

❖ Silicone Molds

It is possible to use silicone molds, but the final result will be different. Indeed, the crust of the canelé will not be as crispy as with copper molds, and the baking time will be longer, around 1 hour.

Copper has the advantage of quickly and evenly searing the batter upon contact with the mold, which ensures an optimal texture.

Using a greasing agent is highly recommended, as it will help with the baking, particularly in obtaining a flat base and preventing the formation of air bubbles.

I strongly recommend using copper molds to achieve perfect canelés with a beautifully crispy crust.

❖ Storage

Canelés are best stored for 3 to 4 days in the refrigerator (in an airtight container).

To regain their crispiness, reheat them in the oven at 220°C for 3 minutes, let them cool, and then enjoy.

They can also be frozen and reheated for 4 minutes at 220°C, letting them warm before eating.

However, they will never be as good as they are right after the first bake!

❖ Butter or Release Spray for Canelés?

Based on my tests, release spray negatively impacts the baking of canelés. It prevents the batter from rising properly: the inside remains undercooked while the crust cooks too quickly.

As for butter, it is generally not recommended unless you use clarified butter, which withstands high temperatures better.

❖ Beeswax?

Beeswax produces great results but is cumbersome to use. Cleaning utensils that have been in contact with wax is tedious.

Additionally, if the wax is not dosed correctly, the canelé can have a rubbery texture, which is unpleasant and difficult to fix.

It is possible to mix the wax with butter to reduce crystallization, but in this case, you must use clarified butter! (Recommended ratio: 120 g of butter for 80 g of wax).

❖ Grease and Baking?

The choice of greasing agent is crucial for achieving the perfect canelé. Not only does it aid in unmolding, but it also directly influences the crispiness of the crust, the color, shape, taste, and texture of the canelé.

Needless to say, this is one of the most important elements in ensuring the success of a good canelé!