

# CANNELLES

MAKES 24 CANNELLES

There are probably only a few foods in your life that you vividly remember falling in love with in an instant, appreciating their simple genius at first bite. For me, that's the cannelle (or *cannelé* in French). This sweet little pastry was said to have been created by nuns in Bordeaux almost 200 years ago. Well, if French nuns can cook this well, I wouldn't mind visiting the convent every once in a while for some lessons. The crispy caramelized outside against the creamy, almost custardlike inside is a perfect pairing. **SPECIAL EQUIPMENT:** 24 small (1½-inch) copper [cannelle molds](#).

**3⅓ cups whole milk**

**2 large eggs**

**1 large egg yolk**

**1 vanilla bean, split lengthwise**

**4 tablespoons (½ stick) unsalted butter, melted and cooled to room temperature**

**2 tablespoons dark rum**

**2 tablespoons sugar**

**1¼ cups all-purpose flour**

**Pinch of kosher salt**

**Melted butter and cooking spray, for greasing the molds**

In a bowl, combine the milk, whole eggs, and egg yolk. Scrape in the vanilla seeds. Stir to blend. Stir in the melted butter, rum, and sugar. Add the flour and salt, and with a hand blender, beat to just incorporate them into the batter. Cover the batter with plastic wrap and refrigerate overnight.

Preheat the oven to 400°F.

Brush 24 small (1½-inch-deep) cannelle molds heavily with melted butter, then coat liberally with cooking spray. (The molds need a lot of grease; don't be shy.) Whisk the batter to reblend and transfer to a measuring cup or pitcher with a spout. Put the molds on a baking sheet and pour in the batter almost to the top. Bake for 16 minutes. Turn the oven down to 350°F and bake an additional 25 minutes. When the tops are dark brown, they are done. Allow to cool in the molds before turning them out. Store airtight at room temperature.