



**Baby Cannelés – make in foil lined mini muffin or bite-size pan**  
*A French sweet treat that's crispy, caramelized, and custardy*

### Ingredients

2 cups (480 ml) whole milk  
1-1/4 cups (250 grams) sugar, divided  
2 tablespoons (1 ounce; 28 grams) unsalted butter  
1 cup (136 grams) all-purpose flour  
2 large eggs  
1 large egg yolk  
2½ tablespoons dark rum  
2 teaspoons pure vanilla extract  
About 1 Tablespoon melted unsalted butter, for the molds

## Instructions

At least 1 day before making the cannelés: Bring the milk, 3/4 cup of sugar and butter to a boil in a medium saucepan, stirring occasionally to dissolve the sugar. Remove from heat; let cool until the mixture reaches 140 degrees F. (If you don't have a thermometer, cool the milk for about 30 minutes; it should still feel hot to the touch.)

While the milk is cooling, put the flour and remaining 1/2 cup sugar into a strainer; sift them onto a piece of parchment or wax paper. Keep the strainer at hand.

Working with a whisk, beat eggs and yolk together in a large bowl until blended. Whisking without stopping, start adding the hot milk, a little at first; then, when you've got about a quarter of the milk blended into the eggs, whisk in the remainder in a steady stream. Add the flour mixture all at once and whisk—don't be afraid to be energetic—until the batter is homogeneous. You might have a few tiny lumps, but you can ignore them.

Strain the batter into a large measuring cup with a spout; discard any lumps in the strainer. Whisk in the rum and vanilla, cover the container tightly and refrigerate the batter for at least 12 hours. (The batter can be refrigerated for up to 3 days.)

Line the molds with mini foil cups. Lightly brush cups with melted butter and put the pan in the freezer. The pan needs to be frozen for 30 minutes or overnight, but if you put it into the freezer right after you make the batter, you won't have to wait for it on baking day.

When you're ready to bake: Center a rack in the oven; preheat the oven to 425 degrees F. Line a baking sheet with parchment paper or a silicone baking mat. Put a cooling rack on the sheet and put the frozen foil mold pan on the rack.

Remove the batter from the fridge. It will have settled and formed layers, so give it a good whisking to bring it back together, then rap the container against the counter to reduce the bubbles. Fill the mini foil molds full.

Bake the cannelés for 30 minutes, then lower the oven temperature to 375 degrees F and bake for another 30 minutes or so. Cannelés are supposed

to get very dark but if you're concerned that yours are darkening too fast or too much, place a piece of parchment or foil over the molds. When properly baked, the bottoms will be dark, and the sides of the little pastries will be a deep brown—think mahogany. While the baby cannelés bake, they may puff above the tops of the molds, like popovers or soufflés, and then, as they continue baking, or when they're pulled from the oven, they'll settle down. Pull the whole setup from the oven and put it on a cooling rack.

Let the cannelés rest in their molds for 10 minutes, then turn them out onto a cooling rack. (Resting gives the tender pastries a chance to firm so they'll hold their shape when unmolded.) Be careful: Even though you've waited 10 minutes, because of the caramelized sugar and melted butter, cannelés are hotter than most other pastries. Let the cannelés cool until they are only slightly warm or at room temperature. Carefully remove the foil liners and turn upside down. Yield: about 3 dozen baby canneles

**Cook's Notes about Our Inspired Recipe:** Copper molds are very expensive, so we tried to make a recipe that was a little like the original. We used Dorie Greenspan's basic dough but placed our little canneles into foil lined mini cupcake or baby muffins pans. The foil liners make the indentions into the little cakes. Our baby cakes had crisp crusts and soft centers. They were best on the day they were baked and a little chewy on the next day, but very tasty.



**Recipe author:** Dorie Greenspan; her original recipe makes about 45 mini cannelés.

See: <https://www.bakepedia.com/canneles/>

To make the original recipe with copper molds and for additional hints.

**About the Recipe:** These little pastries are considered cakes in France but might be called cookies in other countries. They have channeled ridges on the outer crispy caramelized crust and tiny popover centers. They are a delightful sweet treat. Remember If you want to make the original recipe, you will need the copper baking molds.