



MIDDLETON PLACE

Plugged In To History

DIGITAL PROGRAM

Charlotte Russe (modern recipe adaptation) | Hands-On History | May 7

Ingredients:

- 1 package of ladyfingers
- 1 cup heavy whipping cream
- 1 cup sugar, divided
- 1 teaspoon vanilla extract
- 2 cups milk
- 4 eggs, separated
- 2 envelopes unflavored gelatin
- Fresh or dried fruit to garnish
- $\frac{1}{2}$ - $\frac{3}{4}$ cup rum (optional)

Instructions:

1. Line the sides of an 8-inch springform pan with ladyfingers (sugared side facing out). You can also line the bottom of the pan with any extras.
2. Whip the cream with $\frac{1}{4}$ cup sugar until stiff peaks form. Beat in the vanilla and set aside. (Tip: Chill the bowl and whisk in the freezer for 20 minutes prior, the heavy cream will whip faster if everything is cold.)
3. In a small bowl, hydrate the gelatin by sprinkling it over $\frac{1}{4}$ cup cold water. Set aside.
4. Place the milk in a small saucepan and bring to a simmer. Meanwhile, separate the egg whites from yolks setting aside the whites for later.
5. Beat the egg yolks with $\frac{3}{4}$ cup sugar on medium high until a pale-yellow color, scraping down the sides of the bowl as needed.
6. Place the egg mixture in a medium saucepan and stir in a little of the hot milk to blend then stir in remaining milk. Cook, stirring constantly, until the mixture thickens slightly, being careful not to lump. Remove from the heat before the mixture starts to boil.
7. Transfer into a slightly larger bowl and stir in the softened gelatin. Continue to stir until gelatin is dissolved. Set the bowl in a bowl of ice water to chill. Stir until it is thoroughly cooled and just begins to set, then remove the bowl from the ice water.
8. Whip the egg whites until they form stiff peaks and gently fold them into the custard. Fold the whipped cream into the custard mixture.
9. Spoon the mixture into the mold and refrigerate until set, at least 6 hours or overnight.
10. Once your cake is set, decorate the top with some fresh or dried fruit. Then, remove the mold and serve! Can be stored in the refrigerator for several days.