

Coffee cream à la canadienne

The second edition of Berchoux's poem entitled "Gastronomy", had just appeared when, on November 14, 1805, the Gazette de Québec, published an extract of the verses on the properties of coffee. In it, Berchoux described the attributes of coffee in flowering rhyme, claiming that it would "chase away the vapors" caused by too much wine, "improve the spirit and ensure a more amiable disposition" and even "bring out the genius in the poet." Some time later, Berchoux would be accused of being a rather mediocre poet; it is questionable whether coffee actually did anything for him! . . .

- 1 L (4 c) **black coffee**
- 1 L (4 c) **15% cream**
- 80 mL (1/3 c) **sugar**
- 3 **egg yolks**
- 1 **pinch flour**

Put the coffee, cream and sugar into a saucepan. Bring it to a boil, stirring constantly with a wooden spoon. Cook for around 30 minutes, or more, until it has reduced to half. Be sure to stir constantly with the wooden spoon. Remove from the heat and add the egg yolks and flour. Return to the heat and bring to a boil, stirring constantly. The cream is ready when you can see the bottom of the pot as you stir. Pour the mixture into molds and refrigerate for a few hours.

