

# Tasty Recipes for You to Try



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## Boiled Custard

Serves 8-10 Adults (or 2 Teenage Boys)

Shared by:  
Jim Price

### Ingredients:

4 C. milk, scalded  
4 Egg yolks and 1 whole egg  
1/2 C. Sugar  
Pinch of salt

1 tsp. Vanilla  
2 Tbsp. Cornstarch dissolved in 2 oz. cold milk  
Nutmeg (freshly grated)  
Whipped Cream

### Directions:

1. "Scald" the milk in a double boiler. Keep stirring. (Scald means heat the milk just below the boiling point.) If you do not have a double boiler, use a 4 qt. heavy sauce pan, but stir constantly. An instant-read thermometer is very handy to check the temperatures. The milk is ready when small bubbles appear at the edge of the pot and when the thermometer reads about 130 degrees.
2. While the milk heats, separate the egg yolks from the whites and add the 1 whole egg. Use a wire whisk and beat the eggs slightly. Add the sugar and salt, mix well.
3. Dip about a 1/2 cup of hot milk and drizzle it slowly into the egg mix while stirring with the whisk. Repeat this 2 times. (This will "temper" the eggs, gradually raising their temperature, so you won't have scrambled eggs.)
4. Add the warmed egg mixture to the remaining milk in the double boiler or saucepan.
5. Stir the milk-egg mix (the custard) constantly until it begins to thicken or to 160-170 degrees.
6. Add about half of a mixture of 2 Tbsp. Cornstarch dissolved in 2 oz. COLD milk. Keep stirring and in about a minute the custard will begin to thicken. If not thick enough, add the remaining cornstarch.
7. Remove the upper pan of the double boiler containing the custard and stir until it cools some. (You can hasten this by placing the upper pan in a bowl of ice water and continue to stir.)

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8. After cooling some, add the vanilla and stir. (Use a good grade of vanilla such as pure Madagascar. Beware of imitation vanillas. They will make your custard taste “bought” and weak.)
9. Before refrigerating, pour the custard through a strainer to remove any lumps.
10. Serve in cups and grate some fresh nutmeg (available in grocery) on top of custard. Place a dollop of whipped cream on top and serve with a piece of Frannie’s Coconut Cake.

