

# Rich Vanilla Custard Sauce

## Ingredients

- 1/2 cup granulated sugar, or light brown sugar, packed
- 1 tablespoon all-purpose flour
- 1 pinch ground nutmeg, or cinnamon
- 1 large egg
- 2 tablespoons unsalted butter, melted
- 1 1/2 cups milk, or half-and-half
- 1 dash salt
- 2 teaspoons pure vanilla extract

## Method

In a medium saucepan, combine the brown sugar, flour, nutmeg or cinnamon, the egg, melted butter, milk, and salt. Whisk until well blended and then place the pan over medium heat.

Cook, whisking constantly until the mixture has thickened and coats the back of the spoon. To test, dip a spoon in the thickened mixture and turn it over. Run a finger down the back of a spoon. If the mixture does not run into the path your finger made, the sauce is done.

Place a mesh sieve over a bowl and strain the sauce through it. Stir the vanilla extract into the sauce and refrigerate, covered, until serving time.

