

VANILLA CUSTARD★★★★☆

COURSE: DESSERT CUISINE: AMERICAN

KEYWORD: HOMEMADE CUSTARD, VANILLA CUSTARD

PREP TIME: 2 MINUTES COOK TIME: 20 MINUTES CHILLING: 3 HOURS

TOTAL TIME: 3 HOURS 22 MINUTES SERVINGS: 8 CALORIES: 347KCAL

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This Vanilla Custard recipe is a rich, creamy and decadent dessert classic.

INGREDIENTS INSTRUCTIONS

- 2 cups whole milk
- 2 teaspoons vanilla extract
- 2/3 cup sugar
- 1/4 teaspoon salt
- 1/4 cup cornstarch
- 4 large egg yolks , room temperature
- 1 tablespoon unsalted butter , diced

1. Heat milk and vanilla extract in a heavy bottom, medium saucepan until at a not let it boil, until heat until little bubbles form around the edges.



2. Meanwhile, place sugar, cornstarch and salt into the bowl of a stand mixer fit whisk attachment or a large mixing bowl with a whisk, blend dry ingredients egg yolks and blend until a pale yellow.



3. Slowly pour milk mixture into eggs while whisking at a low speed. Do not mix too fast to create too much froth and foam. Blend until mixed.
4. Transfer back to the saucepan and cook over medium-low heat for 3-5 minutes until the mixture has thickened. Whisk continually to prevent mixture from scalding to the pan.



5. As soon as mixture thickens, remove from heat and whisk in butter (or bourbon vanilla).

6. Transfer to a clean bowl and cover with plastic wrap. Press plastic wrap into the mixture so there is no air between the two. This prevents the filmy skin that can form. To set faster, place in small ramekins or bowls.



7. Refrigerate for a minimum of 3 hours, but up to 2 days.
8. If you have tried this recipe, come back and let me know how it was in the comments and ratings.

NOTES

To use a whole vanilla bean, cut open and use 1/2 teaspoon vanilla caviar (little specs inside) in the scalded milk. You can also use a leftover, spent vanilla bean in the milk and remove before adding

to egg yolks.

Do not use skim or 2% n

Instead of butter, try add

Get rid of lumps by:

1. Stick Blender/Imme
mixture a bit with a
2. Sieve- If the mixture
spoon. This will smc

NUTRITION

Calories: 347kcal | Carboh
| Sodium: 208mg | Potass



recipe found on: <https://www.savoryexperiments.com/vanilla-custard/>

RETURN TO RECIPE