

# Stirred Custard Sauce

Desserts, B-01A

| Ingredients               | 25 Servings |            | 50 Servings |         | Directions  |
|---------------------------|-------------|------------|-------------|---------|---|
|                           | Weight      | Measure    | Weight      | Measure |   |
| Sugar                     | 8 oz        | 1 cup      | 1 lb        | 2 cups  | <ol style="list-style-type: none"> <li>In a bowl, whisk sugar, salt, milk, and vanilla until blended.</li> </ol>  |
| Salt                      |             | 1 tsp      |             | 2 tsp   |   |
| Lowfat 1% milk            |             | 2 cups     |             | 1 qt    |   |
| Vanilla                   |             | 2 Tbsp     |             | 1/4 cup |   |
| Frozen whole eggs, thawed | 12 oz       | 1 1/2 cups | 1 lb 8 oz   | 3 cups  | <ol style="list-style-type: none"> <li>In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.</li> </ol>  |
| OR                        |             | OR         |             | OR      |   |
| Fresh large eggs          |             | 7 each     |             | 14 each |   |
| Frozen egg whites, thawed | 4 oz        | 1/2 cup    | 8 oz        | 1 cup   |   |
| OR                        |             | OR         |             | OR      | <ol style="list-style-type: none"> <li>Place custard mixture in pot and heat to simmer (160° F), until mixture coats spoon, stirring constantly. Remove from heat. CCP: Heat to 160 °F or higher. Sprinkle nutmeg (optional)</li> </ol> |
| Fresh large egg whites    |             | 3 each     |             | 6 each  |   |
| Ground nutmeg (optional)  |             | 1 tsp      |             | 2 tsp   |   |

4. Spread 2 lb 12 oz (approximately 1 quart  $\frac{3}{4}$  cup) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
5. CCP: Refrigerate within 1 hour of removing from heat. Hold at 40 °F or colder. Refrigerate until ready to serve. Portion with 1  $\frac{1}{2}$  oz ladle (3 Tbsp).

### Notes

Special Tip:  
This may be used as sauce over cake, bread pudding, or fruit.

| Serving                                   | Yield                                     | Volume  |
|---|---|---|
| 3 tablespoons (1 $\frac{1}{2}$ oz ladle). | <b>25 Servings:</b> 2 lb 12 oz (uncooked) | <b>25 Servings:</b> 1 quart $\frac{3}{4}$ cup     |
|   | <b>50 Servings:</b> 5 lb 8 oz (uncooked)  | <b>50 Servings:</b> 2 quarts 1 $\frac{1}{2}$ cups |

### Nutrients Per Serving

|              |      |               |        |               |        |
|--------------|------|---------------|--------|---------------|--------|
| Calories     | 69   | Saturated Fat | 1 g    | Calcium       | 31 mg  |
| Protein      | 3 g  | Cholesterol   | 59 mg  | Sodium        | 128 mg |
| Carbohydrate | 10 g | Vitamin A     | 126 IU | Dietary Fiber |        |
| Total Fat    | 2 g  | Iron          |        |               |        |