

Baked Custard

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	8 oz	1 cup	1 lb	2 cups	1. In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 qt 1 ½ cups		2 qt 3 cups	2. In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.
Vanilla		2 Tbsp		¼ cup	
Frozen whole eggs, thawed	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
OR		OR		OR	
Fresh large eggs		7 each		14 each	
Frozen egg whites, thawed	4 oz	½ cup	8 oz	1 cup	
OR		OR		OR	
Fresh large egg whites		3 each		6 each	3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 4 lb 8 oz (2 qt) of liquid. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Sprinkle nutmeg (optional) on top.
Ground nutmeg (optional)		1 tsp		2 tsp	
					4. Set pan in a larger shallow pan. Pour hot water around the dish to a depth of 1".
					5. Bake until knife inserted in center of custard comes out clean. Conventional oven: 350° F for 1 hour 25 minutes Convection oven: 300° F for 1 hour 20 minutes
					CCP: Heat to 160° F or higher.
					6. CCP: Refrigerate within 1 hour of removing from heat. Hold at 40° F or colder.
					Refrigerate until ready to serve.
					Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

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Desserts

B-01

SERVING:	YIELD:	VOLUME:
1 piece.	25 Servings: 4 lb	25 Servings: 1 pan
	50 Servings: 8 lb	50 Servings: 2 pans
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Nutrients Per Serving					
Calories	83	Saturated Fat	0.78 g	Iron	0.23 mg
Protein	3.94 g	Cholesterol	60 mg	Calcium	73 mg
Carbohydrate	11.97 g	Vitamin A	196 IU	Sodium	145 mg
Total Fat	1.93 g	Vitamin C	0.5 mg	Dietary Fiber	0 g