

# 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	1. In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt		1 tsp		2 tsp	
Lowfat 1% milk		2 cups		1 qt	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	3. Place custard mixture in pot and heat to simmer (160° F), until mixture coats spoon, stirring constantly. Remove from heat.
OR		OR		OR	
Fresh large egg whites		3 each		6 each	
Ground nutmeg (optional)		1 tsp		2 tsp	CCP: Heat to 160° F or higher.
					Sprinkle nutmeg (optional) and stir into custard.
					4. Spread 2 lb 12 oz (approximately 1 quart ¾ 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 ½ oz ladle (3 Tbsp).

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SERVING:	YIELD:	VOLUME:
3 tablespoons (1 ½ oz ladle).	<b>25 Servings:</b> 2 lb 12 oz (uncooked) <b>50 Servings:</b> 5 lb 8 oz (uncooked)  Edited 2014	<b>25 Servings:</b> 1 quart ¾ cup <b>50 Servings:</b> 2 quarts 1 ½ cups

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

Nutrients Per Serving					
<b>Calories</b>	69	<b>Saturated Fat</b>	0.55 g	<b>Iron</b>	0.21 mg
<b>Protein</b>	2.82 g	<b>Cholesterol</b>	59 mg	<b>Calcium</b>	31 mg
<b>Carbohydrate</b>	10.34 g	<b>Vitamin A</b>	126 IU	<b>Sodium</b>	128 mg
<b>Total Fat</b>	1.57 g	<b>Vitamin C</b>	0.2 mg	<b>Dietary Fiber</b>	0 g