

Almond Custard

Author: Recipe looks like it may have come from a Family Circle magazine or something similar.

Source: From a former employee, Kathleen H.

Carolyn T's
Cookbook

Servings: 7



- 4 whole eggs**
- 2 teaspoons vanilla**
- 1 teaspoon almond extract**
- 1 1/2 cups half and half**
- 1 1/2 cups milk**
- 6 ounces apple juice, frozen concentrate, undiluted**
- 1 teaspoon cornstarch**
- 1 teaspoon vanilla extract**
- 2 tablespoons toasted almonds**

Categories: Desserts

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 205 Calories; 12g Fat (53.0% calories from fat); 7g Protein; 16g Carbohydrate; trace Dietary Fiber; 147mg Cholesterol; 93mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 2 Fat.

Notes: Use a shallow baking dish if possible. There is no sugar in the custard, so the apple concentrate topping is a necessary part of the dish. If you'd like to richen the dish a bit, use all half and half, no milk.

Description: A simple custard, but with an almond flavor and apple too.

1. Preheat oven to 300. Measure milk and half and half into a saucepan and gently bring up to a simmer. Do not boil.
2. Meanwhile, combine the eggs in a medium bowl, then add extracts. Mix until well combined.
3. Pour scalded milk into the egg mixture and stir to mix up completely. Pour the mixture into a well-buttered ovenproof dish. Shallower is better than higher.
4. Place dish into a larger but flat container and pour hot water in the sides (do not get any in the custard) and place in the center of the oven. Bake for 30-40 minutes, or until a knife inserted in the center, comes out clean.
5. Remove to a rack to cool, then refrigerate.
6. When ready to serve, combine the apple juice concentrate and the cornstarch in a small saucepan. Stir to dissolve the cornstarch, then heat until the apple juice mixture has thickened some. Add the 1 tsp. of vanilla and cool briefly.
7. Just before serving pour the juice over the custard and sprinkle the toasted almonds on top.