

Baked Custard

Desserts

B-01

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 milk		1 qt 1 1/2 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		1/4 cup	
Fresh large eggs OR		6 each		12 each	
Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	3. Pour 2 qt (4 lb 8 oz) of liquid into each lightly greased glass casserole dish (13" x 9" x 2"). Sprinkle nutmeg (optional) on top.
Fresh large egg whites OR		3 each		6 each	
Frozen egg whites, thawed	4 oz	1/2 cup	8 oz	1 cup	
Nutmeg (optional)		1 tsp		2 tsp	4. Set casserole dish in a shallow pan. Pour hot water around the dish to 1" deep.
					5. To Bake: Conventional Oven: 350 degrees F, 1 hour 25 minutes Convection Oven: 300 degrees F, 1 hour 20 minutes Bake until knife inserted in center of custard comes out clean.
					CCP Heat to 155 degrees F or higher for at least 15 seconds.
					6. Cut each pan into 25 pieces. Refrigerate until ready to serve.

SERVING:	YIELD:	VOLUME:
1 piece	25 Servings: 4 lb	25 Servings:
	50 Servings: 8 lb	50 Servings:

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Nutrients Per Serving

Calories	83	Saturated Fat	.8 g	Iron	.2 mg
Protein	4 g	Cholesterol	60 mg	Calcium	73 mg
Carbohydrate	12 g	Vitamin A	58 RE/196 IU	Sodium	145 mg
Total Fat	1.9 g	Vitamin C	0 mg	Dietary Fiber	0 g