

# 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. Heat mixture to 140 degrees F.
Salt		1 tsp		2 tsp	
Lowfat milk		2 cups		1 qt	2. In a stainless steel bowl, whisk eggs and egg whites until foamy. Slowly add the milk mixture to whipped eggs.
Vanilla		2 Tbsp		1/4 cup	
Fresh large eggs OR		4 each		8 each	
Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Fresh large egg whites OR	3 oz	2 each	6 oz	4 each	3. Place custard mixture in pot and heat to simmer (160 degrees F), until mixture coats spoon, stirring constantly. Remove from heat.  CCP Heat to 155 degrees F or higher for at least 15 seconds.  Sprinkle nutmeg (optional) and stir into custard. This may be used as sauce over cake, bread pudding, or fruit.
Frozen egg whites, thawed	4 oz	1/2 cup	8 oz	1 cup	
Nutmeg (optional)		1 tsp		2 tsp	
					4. Refrigerate until ready to serve.

SERVING:	YIELD:	VOLUME:
2 Tbsp	<b>25 Servings:</b>	<b>25 Servings:</b>
	<b>50 Servings:</b>	<b>50 Servings:</b>