

Baked Custard

Desserts, B-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	8 oz	1 cup	1 lb	2 cups	<ol style="list-style-type: none"> In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 qt 1 1/2 cups		2 qt 3 cups	
Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	<ol style="list-style-type: none"> In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.
OR		OR		OR	
Fresh large eggs		7 each		14 each	
Frozen egg whites, thawed	4 oz	1/2 cup	8 oz	1 cup	<ol style="list-style-type: none"> 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
OR		OR		OR	
Fresh large egg whites		3 each		6 each	
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 20 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. Portion is 1 piece.

Serving	Yield	Volume
1 piece.	25 Servings: 4 lb	25 Servings: 1 pan
	50 Servings: 8 lb	50 Servings: 1 pans

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	