

Stove Top Custard Sauce



Makes:

8

Utensil:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)

Rate ☆☆☆☆☆

Recipe:

Contributed By:

Cathy Vogt

Certified Health Coach & Natural Foods Chef

[Write a Review](#)

Recipe Description:

The history of custard, combining milk and eggs together is ancient, dating back to Roman times. A modern version of this creamy, rich custard is easy to make stove top. Substituting cream for dairy free beverage such as almond milk or coconut milk beverage makes a nice dairy free dessert option. Serve Custard sauce topped with or layer in-between jam, berries, toasted coconut or shaved chocolate or as a layer between lady fingers or cake slices.

2 cups
almond milk or coconut milk beverage
(473
ml)
1/2 cup
natural sugar or coconut sugar
(100
g)
1 vanilla bean, slit in 1/2 lengthwise
2 tbsp
cornstarch, organic
(16
g)
2 eggs, whole
pinch natural salt

Directions:

1. Put almond milk, sugar and vanilla bean in Ultimate Culinaire, whisk to combine. Turn heat to medium and cook for 2-3 minutes until mixture simmers.
2. Remove vanilla bean from pan, turn heat to low. Let vanilla bean cool slightly and then scrape out the paste inside the beans using a small paring knife. Put vanilla bean paste back into warmed milk mixture. Whisk to combine
3. In a small bowl combine eggs, cornstarch and a pinch of salt. Thoroughly whisk ingredients together until thoroughly

combined. Pour ¼ cup of warmed milk mixture into eggs and whisk to combine.

4. Slowly pour eggs, sugar, milk mixture into milk, sugar mixture in Ultimate Culinare and whisk to combine. Cook mixture for 3-4 minutes until it is thickened. If custard begins to stick, adjust heat.
5. Remove custard from stove and cool slightly. Place custard sauce in bowls, glasses or individual serving dishes.
6. Serve custard warm or chilled with a sprinkle of cinnamon on top or garnish with your choice of berries, fruit, toasted coconut or shaved chocolate.

Tips:

- Substitute non-dairy milk beverage for milk.
- Use basic recipe and add in flavorings; ground espresso powder, citrus zest, cacao powder, ground hazelnuts or pistachios, ginger or spices for an endless variety of custards.
- For thicker custard add an additional 1 Tablespoon of cornstarch to recipe.

Nutritional Information per

▼ Serving

Calories: 55
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 45mg
Sodium: 55mg
Total 7g
Carbs:
Dietary Fiber: 0g
Sugar: 5g
Protein: 1g