

Custard Sauce II

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 1 1/4 cups

3 teaspoons caster sugar

3 teaspoons cornflour

pinch salt

2 egg yolks

1 1/4 cups semi-skimmed milk

few drops vanilla essence

Place the sugar, cornflour, salt and egg yolks in a bowl. Add two tablespoons of milk. Whisk until smooth.

In a saucepan, bring the remaining milk slowly to a boil. Pour the hot milk onto the cornflour mixture, whisking well. Return the mixture to the saucepan. Bring slowly to a boil, whisking continuously, until the mixture thickens.

Simmer gently for 1 minute. Whisk in a few drops of vanilla essence before serving.

Serve with baked apples, canned or fresh fruit.

Per Serving (excluding unknown items): 119 Calories; 10g Fat (79.0% calories from fat); 6g Protein; 1g Carbohydrate; 0g Dietary Fiber; 425mg Cholesterol; 14mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	119
% Calories from Fat:	79.0%
% Calories from Carbohydrates:	2.0%
% Calories from Protein:	19.1%
Total Fat (g):	10g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	425mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	48mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 0g
 Protein (g): 6g
 Sodium (mg): 14mg
 Potassium (mg): 31mg
 Calcium (mg): 45mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 646IU
 Vitamin A (r.e.): 194RE

Grain (Starch): 0
 Lean Meat: 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 119 Calories from Fat: 94

% Daily Values*

Total Fat 10g 16%
 Saturated Fat 3g 16%
Cholesterol 425mg 142%
Sodium 14mg 1%
Total Carbohydrates 1g 0%
 Dietary Fiber 0g 0%
Protein 6g

Vitamin A 13%
Vitamin C 0%
Calcium 5%
Iron 6%

* Percent Daily Values are based on a 2000 calorie diet.