

Gingered Creme Anglaise

www.dominosugar.com

Servings: 8

1 cup milk
1 cup heavy cream
2 teaspoons ground ginger
1 teaspoon vanilla
5 egg yolks
1/2 cup Domino granulated sugar

In a medium, heavy saucepan over medium heat, heat the milk, cream, ginger and vanilla until the mixture is hot and begins to boil slightly, stirring occasionally. Remove from the heat.

While mixture is heating, in a medium mixing bowl, whisk together egg yolks and sugar until smooth. Slowly pour 1/3 cup of hot milk mixture into egg yolks, whisking constantly. This is to temper the mixture so that the eggs do not cook when combining two temperatures. Gradually add egg yolk mixture back to remaining milk mixture in pot, whisking constantly. Return pot to the stove, and continue to cook, stirring constantly, until the mixture coats the back of a spoon. Do not boil, or sauce may curdle (see Quick Tip). Set aside, uncovered. Pour over warm pudding, and serve.

If sauce curdles, remove from stove and whirl in a blender. As hot liquids tend to splash, be careful the hot sauce does not splash out of the blender while blending.

Per Serving (excluding unknown items): 162 Calories; 15g Fat (84.5% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 178mg Cholesterol; 31mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	162	Vitamin B6 (mg):	.1mg
% Calories from Fat:	84.5%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	7.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	18mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
		Alcohol (kcal):	2

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	178mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	31mg
Potassium (mg):	84mg
Calcium (mg):	70mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	678IU
Vitamin A (r.e.):	197 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 162 **Calories from Fat:** 137

% Daily Values*

Total Fat 15g	23%
Saturated Fat 8g	42%
Cholesterol 178mg	59%
Sodium 31mg	1%
Total Carbohydrates 3g	1%
Dietary Fiber trace	0%
Protein 3g	
Vitamin A	14%
Vitamin C	1%
Calcium	7%
Iron	2%

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