

# Caramelized Baked Custards

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## Servings: 6

*2 cups heavy whipping cream  
1/4 cup Irish cream liqueur  
3 eggs  
2 egg yolks  
3/4 cup + 2 tablespoons sugar,  
divided  
1 teaspoon vanilla extract*

## Preparation Time: 20 minutes

### Bake: 20 minutes

Preheat the oven to 325 degrees.

In a small saucepan, heat the cream and liqueur until bubbles form around the sides of the pan. Remove from the heat.

In a large bowl, whisk the eggs, egg yolks and 3/4 cup of the sugar until blended but not foamy. Slowly stir in the hot cream mixture. Stir in the vanilla.

Place six six-ounce broiler-safe ramekins in a baking pan large enough to hold them without touching. Pour the cream mixture into the ramekins. Place the pan on an oven rack. Add very hot water to the pan to with 1/2-inch of the top of the ramekins.

Bake for 20 to 25 minutes or until a knife inserted near the center comes out clean; the centers will still be soft. Immediately remove the ramekins from the water bath to a wire rack. Cool for 10 minutes. Refrigerate until cold.

To caramelize the topping with a kitchen torch, sprinkle the custards evenly with the remaining sugar. Hold the torch flame two inches above the custard surface and rotate it slowly until the sugar is evenly caramelized.

To caramelize the topping in a broiler, place the ramekins on a baking sheet. Let stand for 15 minutes. Preheat the broiler. Sprinkle the tops evenly with the remaining sugar. Broil three to four inches from the heat for 5 to 7 minutes or until caramelized.

Serve immediately or refrigerate for up to one hour.

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Per Serving (excluding unknown items): 429 Calories; 34g Fat (69.3% calories from fat); 6g Protein; 28g Carbohydrate; 0g Dietary Fiber; 286mg Cholesterol; 67mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 6 1/2 Fat; 1 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	429
% Calories from Fat:	69.3%
% Calories from Carbohydrates:	25.4%
% Calories from Protein:	5.2%
Total Fat (g):	34g
Saturated Fat (g):	20g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	286mg
Carbohydrate (g):	28g
Dietary Fiber (g):	0g
Protein (g):	6g
Sodium (mg):	67mg
Potassium (mg):	99mg
Calcium (mg):	72mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	1396IU
Vitamin A (r.e.):	401 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	23mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	6 1/2
Other Carbohydrates:	1 1/2

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 429      Calories from Fat: 298

### % Daily Values\*

<b>Total Fat</b>	34g	52%
Saturated Fat	20g	98%
<b>Cholesterol</b>	286mg	95%
<b>Sodium</b>	67mg	3%
<b>Total Carbohydrates</b>	28g	9%
Dietary Fiber	0g	0%
<b>Protein</b>	6g	
<b>Vitamin A</b>		28%
<b>Vitamin C</b>		1%
<b>Calcium</b>		7%
<b>Iron</b>		4%

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