
Perfect Caramel Custards

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 1/2 cups sugar
4 cups milk
6 eggs, slightly beaten
1/4 teaspoon salt
2 tablespoons sugar
1/2 to one teaspoon vanilla

In a heavy saucepan, melt 3/4 cup of sugar until golden brown. Pour the syrup into each of six or eight custard cups (or a 1-1/2 quart baking dish), tilting the cups slowly to coat the bottom. This must be done quickly as caramel hardens very fast.

Into the same saucepan (do not wash it), place the remaining 3/4 cup of sugar and melt as before. When golden brown, add two cups of milk; this will steam and bubble. Stir until brittle caramel is practically all dissolved. Cool slightly.

In a bowl, place the beaten eggs. Add the salt, sugar and remaining two cups of milk. Add the warm mixture to this and stir in the vanilla. Pour into the custard cups or baking dish. Place the cups or dish in a pan with one inch of hot water.

Bake at 350 degrees for 45 (for cups or one hour (for baking dish). Do not overcook.

Cool. Then chill in the refrigerator.

Serve in dishes, or loosen the edges and invert onto a serving plate.

(Helpful hints: Stir constantly when caramelizing the sugar, as it scorches easily. In the first caramelizing, two to three tablespoons of boiling water may be added in order to keep it ,ore liquid when the custard is chilled. The recipe takes effort but is worth it!)

Yield: 6 to 8 servings

Dessert

Per Serving (excluding unknown items): 2308 Calories; 62g Fat (24.1% calories from fat); 70g Protein; 373g Carbohydrate; 0g Dietary Fiber; 1405mg Cholesterol; 1434mg Sodium. Exchanges: 5 Lean Meat; 4 Non-Fat Milk; 8 Fat; 22 Other Carbohydrates.