

Baked Custard



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2 c. heavy cream or coconut milk
1/2 c. maple syrup
1 T. vanilla extract
pinch of sea salt
6 egg yolks

Put a kettle on to boil. Prepare a glass baking pan with six ramekins in it. Preheat oven to 300 degrees F. Whisk together all ingredients in a saucepan. Stir mixture over medium heat for about 8 minutes, until it begins to steam.

Pour custard into ramekins. Pour boiling water into the baking dish so that it comes up the ramekins about half-way. Place baking pan in oven and bake for 30 minutes, or until the custard is almost set and the centers are barely jiggly.

Remove pan from oven and allow to cool. Refrigerate until ready to serve.

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