



Buttermilk Custard Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 4 large egg yolks
- ☐ 0.8 cup heavy cream
- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod split

Equipment

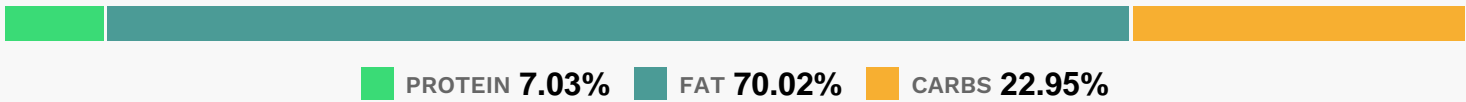
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Beat together egg yolks and sugar in a medium bowl until very thick and pale, about 3 minutes.
- ☐ Pour cream into a heavy, medium saucepan. Scrape seeds from vanilla bean with the point of a small knife, and add seeds and pod halves to cream. Bring cream to a simmer over medium heat; remove from heat as soon as bubbles begin to form around edge of saucepan.
- ☐ Slowly whisk hot cream mixture into yolk mixture. Return mixture to saucepan, and heat over medium-low heat. Stir constantly with a wooden spoon, making sure to stir over the entire bottom of the pan and into the corners, until sauce thickens enough to coat the back of the spoon, about 3 minutes. When done, a track drawn through the custard on the back of the spoon will not close.
- ☐ Stir in buttermilk.
- ☐ Remove vanilla bean.
- ☐ Serve warm, or place pan in a large ice-filled bowl for 25 minutes or until mixture cools to room temperature, stirring occasionally; refrigerate until cold. The sauce can be made 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:12.64, Glycemic Load:4.59, Inflammation Score:-2, Nutrition Score:2.9608696090138%

Nutrients (% of daily need)

Calories: 138.06kcal (6.9%), Fat: 10.92g (16.8%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 8.05g (2.93%), Sugar: 7.67g (8.52%), Cholesterol: 118.66mg (39.55%), Sodium: 25.92mg (1.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin A: 475.31IU (9.51%), Selenium: 6.02µg (8.6%), Vitamin D: 1.01µg (6.74%), Vitamin B2: 0.11mg (6.7%), Phosphorus: 58.84mg (5.88%), Vitamin B12: 0.27µg

(4.51%), Calcium: 43mg (4.3%), Vitamin B5: 0.37mg (3.68%), Folate: 14.05µg (3.51%), Vitamin E: 0.44mg (2.9%), Vitamin B6: 0.04mg (2.15%), Zinc: 0.31mg (2.04%), Vitamin B1: 0.03mg (1.76%), Iron: 0.26mg (1.46%), Potassium: 50.84mg (1.45%)