



## Butterscotch Budino with Caramel Sauce and Sea Salt

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



740 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup mrs richardson's butterscotch caramel sauce warmed
- ☐ 7 tablespoons cornstarch
- ☐ 0.3 cup crème fraîche sour
- ☐ 1 cup brown sugar dark
- ☐ 1 large eggs
- ☐ 3 large egg yolks
- ☐ 4 cups heavy whipping cream divided

- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons scotch whisky
- ☐ 8 servings maldon sea salt
- ☐ 5 tablespoons butter unsalted cubed
- ☐ 1.5 cups milk whole

## Equipment

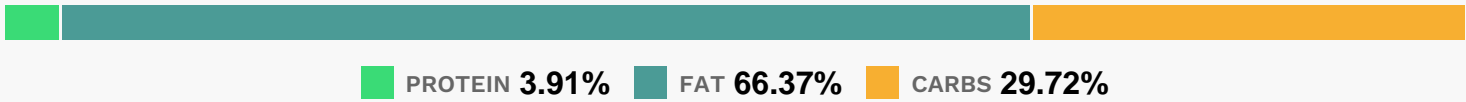
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

## Directions

- ☐ Whisk egg yolks, whole egg, and cornstarch in a medium bowl until smooth.
- ☐ Put sugar, salt, and 1/2 cup water in a 4-qt. saucepan and bring to a boil over high heat, without stirring but swirling occasionally, and cook until mixture gets thicker, foamy, and lavalike, about 5 minutes. Reduce heat to low and slowly whisk in 3 cups cream and the milk.
- ☐ Remove from heat and slowly ladle half the cream mixture into egg mixture, whisking constantly.
- ☐ Pour back into saucepan and cook over medium heat, whisking constantly, until mixture is as thick as cream gravy, about 6 minutes.
- ☐ Remove from heat and whisk in butter and whisky.
- ☐ Pour custard through a fine-mesh strainer into a bowl. Ladle into 8 lowball glasses; cover with plastic wrap. Chill for at least 4 hours and up to several days.
- ☐ Whisk remaining 1 cup cream in a medium bowl until soft peaks form, then add crme frache and whisk until stiff peaks form (this will happen quickly; be careful not to overbeat).
- ☐ Spoon 2 tbsp. caramel sauce onto each custard, sprinkle with a few flakes of salt, and top with a dollop of whipped cream.

\*A flaked salt from England; find at well-stocked grocery stores.

# Nutrition Facts



## Properties

Glycemic Index:6.63, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:9.432173770407%

## Nutrients (% of daily need)

Calories: 740.05kcal (37%), Fat: 55.2g (84.93%), Saturated Fat: 34.25g (214.04%), Carbohydrates: 55.6g (18.53%), Net Carbohydrates: 55.54g (20.2%), Sugar: 48.77g (54.18%), Cholesterol: 255.11mg (85.04%), Sodium: 799.12mg (34.74%), Alcohol: 1.35g (100%), Alcohol %: 0.65% (100%), Protein: 7.32g (14.65%), Vitamin A: 2237.96IU (44.76%), Vitamin B2: 0.36mg (21.42%), Vitamin D: 3.01µg (20.05%), Calcium: 193.09mg (19.31%), Phosphorus: 173.17mg (17.32%), Selenium: 11.18µg (15.97%), Vitamin B12: 0.7µg (11.64%), Vitamin E: 1.59mg (10.61%), Vitamin B5: 0.88mg (8.75%), Potassium: 263.93mg (7.54%), Vitamin B6: 0.12mg (5.85%), Zinc: 0.75mg (4.98%), Magnesium: 19.9mg (4.97%), Folate: 18.54µg (4.63%), Vitamin K: 4.73µg (4.5%), Vitamin B1: 0.07mg (4.35%), Iron: 0.64mg (3.57%), Manganese: 0.05mg (2.34%), Copper: 0.04mg (2.15%), Vitamin C: 0.92mg (1.12%)