

Chef John's Creamy Corn Custard



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



314 kcal

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 2 cups regular corn
- ☐ 3 egg yolks
- ☐ 2 eggs
- ☐ 1.5 cups heavy whipping cream
- ☐ 0.5 cup milk cold
- ☐ 1.3 teaspoons salt

Equipment

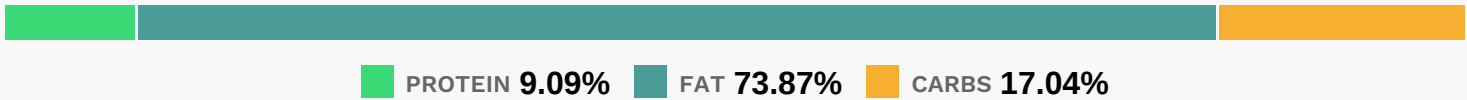
- ☐ sauce pan

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Butter six 6-ounce glass or ceramic ramekins. Set ramekins into a 2-inch deep baking dish.
- ☐ Place corn into a large saucepan and stir in cream, salt, and cayenne pepper. Bring to a simmer and remove from heat; stir in milk.
- ☐ Transfer corn mixture to a blender and pulse several times to get the mixture moving. Blend on high speed until smooth and creamy.
- ☐ Whisk egg yolks with eggs until smooth in a mixing bowl. Slowly whisk about 1/4 cup hot corn mixture into eggs until the corn mixture is incorporated. Repeat several times more until all the corn mixture is combined with eggs.
- ☐ Divide corn mixture equally into the 6 ramekins.
- ☐ Pour hot tap water into the baking dish to come about halfway up the sides of the ramekins.
- ☐ Bake in the preheated oven until custards are just set, 30 to 35 minutes.
- ☐ Let custards cool for about 10 minutes before serving in ramekins or unmolding onto serving plates. To unmold, insert a knife between the custard and the ramekin, go around the edge with knife to loosen, and turn over onto a plate to unmold.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:5.66, Inflammation Score:-6, Nutrition Score:8.3213043834852%

Nutrients (% of daily need)

Calories: 313.79kcal (15.69%), Fat: 26.68g (41.05%), Saturated Fat: 15.48g (96.77%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 12.61g (4.59%), Sugar: 5.15g (5.72%), Cholesterol: 221.43mg (73.81%), Sodium: 533.93mg (23.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Vitamin A: 1258.51IU (25.17%), Selenium: 11.82µg (16.88%), Vitamin B2: 0.28mg (16.7%), Phosphorus: 158.76mg (15.88%), Vitamin D: 1.96µg (13.03%), Vitamin B5: 1.13mg (11.28%), Calcium: 85.97mg (8.6%), Folate: 34.24µg (8.56%), Vitamin B12: 0.51µg (8.52%), Vitamin B6: 0.16mg (8.07%), Vitamin E: 0.99mg (6.63%), Potassium: 229.42mg (6.55%), Zinc: 0.94mg (6.28%), Vitamin B1: 0.09mg (6.19%), Magnesium: 22.2mg (5.55%), Fiber: 1.24g (4.95%), Manganese: 0.1mg (4.89%), Vitamin B3: 0.94mg (4.69%), Iron: 0.8mg (4.43%), Vitamin C: 3.19mg (3.87%), Copper: 0.05mg (2.49%), Vitamin K: 2.29µg (2.18%)