

Cognac Cream

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

Ingredients

- 1 teaspoon cognac
- 4 tablespoons cornstarch sifted
- 10 extra large egg yolks at room temperature
- 1 tablespoon heavy cream
- 3 cups milk
- 1 cup sugar
- 2 tablespoons butter unsalted
- 1 teaspoon vanilla extract pure

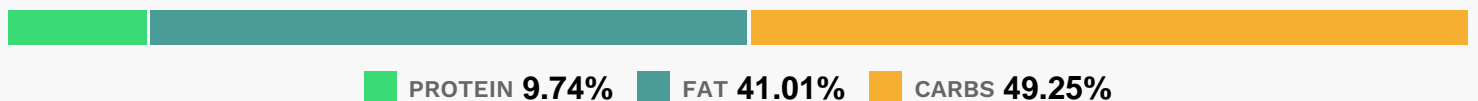
Equipment

- bowl
- frying pan
- sauce pan
- sieve
- blender
- plastic wrap
- hand mixer
- spatula

Directions

- Heat the milk in a medium stainless-steel saucepan over medium heat and bring almost to a boil.
- Remove from the heat.
- Beat the egg yolks and sugar on medium-high speed in the bowl of an electric mixer fitted with the paddle attachment until pale and thick, about 5 minutes. With the mixer on low speed, sprinkle on the cornstarch. Beat on medium-low speed until combined, scraping down the bowl with a rubber spatula.
- With the mixer on low speed, slowly pour the hot milk mixture into the egg mixture.
- Pour the mixture back into the pan. Cook over low heat, stirring constantly, until the mixture thickens, 5 to 7 minutes. (Pay attention because it will thicken and then quickly become scrambled eggs!)
- Immediately, pour the mixture through a fine sieve into a large bowl. Stir in the vanilla, Cognac, butter, and heavy cream.
- Place plastic wrap directly on the custard and refrigerate until cold.

Nutrition Facts



Properties

Glycemic Index:30.77, Glycemic Load:38.15, Inflammation Score:-5, Nutrition Score:14.673043289829%

Nutrients (% of daily need)

Calories: 546.39kcal (27.32%), Fat: 24.98g (38.43%), Saturated Fat: 12.16g (76%), Carbohydrates: 67.5g (22.5%), Net Carbohydrates: 67.43g (24.52%), Sugar: 59.19g (65.77%), Cholesterol: 527.25mg (175.75%), Sodium: 94.25mg (4.1%), Alcohol: 0.76g (100%), Alcohol %: 0.32% (100%), Protein: 13.34g (26.69%), Selenium: 29.38µg (41.98%), Phosphorus: 365.33mg (36.53%), Vitamin B12: 1.88µg (31.39%), Vitamin D: 4.61µg (30.72%), Vitamin B2: 0.51mg (30%), Calcium: 288.07mg (28.81%), Vitamin A: 1175.42IU (23.51%), Vitamin B5: 2.05mg (20.46%), Folate: 66.06µg (16.51%), Vitamin B6: 0.27mg (13.55%), Vitamin B1: 0.18mg (12.2%), Zinc: 1.81mg (12.08%), Vitamin E: 1.45mg (9.66%), Potassium: 331.54mg (9.47%), Iron: 1.3mg (7.21%), Magnesium: 24.97mg (6.24%), Copper: 0.05mg (2.32%), Manganese: 0.04mg (2.06%), Vitamin K: 1.47µg (1.4%), Vitamin B3: 0.21mg (1.06%)