



## Cook the Book: Pecorino Custard with Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1806 kcal

### Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 5.5 ounces ciabatta bread diced ( 5 slices)
- ☐ 10 large egg yolk
- ☐ 0.5 cup olive oil extra virgin plus more for drizzling
- ☐ 3 cups cup heavy whipping cream
- ☐ 1 cup tomatoes
- ☐ 1.8 pounds pecorino cheese shredded
- ☐ 1 quart milk whole

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ ramekin
- ☐ toothpicks
- ☐ roasting pan
- ☐ aluminum foil

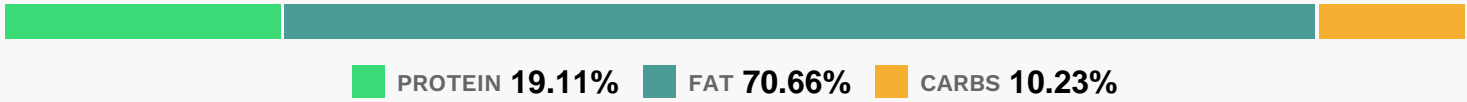
## Directions

- ☐ Preheat the oven to 300 degrees F. In a heavy saucepan, warm the milk and cream over medium-high heat, until heated through but not boiling.
- ☐ In a large mixing bowl, whisk the egg yolks. When they are blended, slowly add about 1/2 cup of the hot cream mixture to temper the eggs, whisking continuously. Slowly add the tempered eggs to the hot cream in the pan as you continue to whisk the mixture.
- ☐ Spread the diced bread on a baking sheet and dry in the oven for 1 minute.
- ☐ Increase the oven temperature to 325 degrees F.
- ☐ Transfer the diced bread to a mixing bowl and pour the egg-cream mixture over it to soak the bread. Using a hand-held mixture, purée until smooth. Stir in the cheese.
- ☐ Divide the mixture evenly among 4 6-ounce ramekins.
- ☐ Put the ramekins in a roasting pan and add enough water to come 1/2 inch up the sides of the pan. Cover the pan with aluminum foil.
- ☐ Very carefully transfer the pan to the oven and bake for 15–20 minutes, or until the custard is heated through and a toothpick inserted in the center comes out clean.
- ☐ Lay the bread slices on a baking sheet and brush with olive oil. Toast in the oven, turning once, for 2–3 minutes, or until golden brown.

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- Meanwhile, heat the marinara sauce in a small saucepan over medium-high heat until hot and bubbling.

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## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:7.21, Inflammation Score:-10, Nutrition Score:40.869565590568%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Nutrients (% of daily need)

Calories: 1805.64kcal (90.28%), Fat: 142.59g (219.37%), Saturated Fat: 84.41g (527.54%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 45.07g (16.39%), Sugar: 20.46g (22.73%), Cholesterol: 895.48mg (298.49%), Sodium: 3021.32mg (131.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.75g (173.5%), Calcium: 2584.18mg (258.42%), Phosphorus: 2033.12mg (203.31%), Vitamin B2: 1.66mg (97.69%), Vitamin A: 4709.39IU (94.19%), Selenium: 62.8µg (89.71%), Vitamin B12: 4.61µg (76.91%), Vitamin D: 8.75µg (58.3%), Zinc: 7.63mg (50.88%), Vitamin B5: 3.64mg (36.4%), Magnesium: 133.73mg (33.43%), Vitamin E: 4.97mg (33.16%), Vitamin B6: 0.58mg (29.23%), Potassium: 924.74mg (26.42%), Folate: 88.61µg (22.15%), Vitamin B1: 0.33mg (22.08%), Iron: 3.49mg (19.42%), Vitamin K: 16.21µg (15.44%), Copper: 0.19mg (9.3%), Manganese: 0.15mg (7.63%), Vitamin C: 5.36mg (6.5%), Vitamin B3: 1.13mg (5.67%), Fiber: 1.37g (5.49%)