



Rompope



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.7 cup blanched almonds and
- ☐ 2 cinnamon sticks
- ☐ 8 large egg yolk
- ☐ 1.5 cups granulated sugar divided
- ☐ 1 lemon zest
- ☐ 1 cup rum white
- ☐ 1 teaspoon vanilla extract pure

☐ 6 cups milk whole

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ sauce pan

☐ whisk

Directions

☐ Pulse almonds with 2 tablespoons of the sugar in a food processor until ground to a fine paste.

☐ Bring milk, cinnamon, lemon rind, vanilla, and baking soda to a boil over medium-high heat in a large heavy-bottom saucepan. Reduce heat to medium-low and simmer for 15 to 20 minutes. Set aside.

☐ In a large bowl, whisk egg yolks, the remaining 1 1/2 cups sugar, and ground almonds until thick and pale.

☐ Remove cinnamon and lemon rind and discard.

☐ Whisking constantly, slowly add the milk to the yolk mixture.

☐ Return mixture to pan and cook over low heat, constantly stirring and scraping the bottom and sides of the pan, until the mixture thickens enough to coat the back of a spoon, 5 to 7 minutes. Set aside to cool completely, about 2 hours.

☐ Stir in rum or aguardiente.

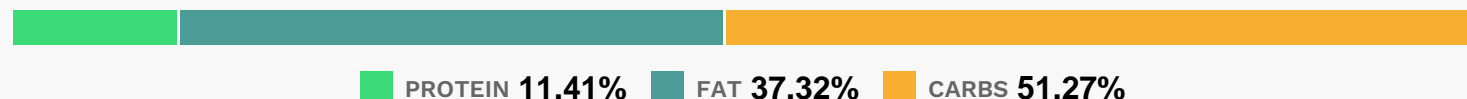
☐ Serve.

☐ Make-Ahead Tip

☐ Rompope may be refrigerated for up to one month in sterilized glass bottles.

☐ Recipes from Winter Cocktails by María Del Mar Sacasa. Copyright © 2013 by Quirk Books.

Nutrition Facts



Properties

Glycemic Index:21.35, Glycemic Load:39.25, Inflammation Score:-6, Nutrition Score:16.805217084677%

Nutrients (% of daily need)

Calories: 591.5kcal (29.58%), Fat: 21.29g (32.75%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 65.79g (21.93%), Net Carbohydrates: 63.69g (23.16%), Sugar: 62.56g (69.51%), Cholesterol: 274.08mg (91.36%), Sodium: 152.98mg (6.65%), Alcohol: 13.59g (100%), Alcohol %: 4.61% (100%), Protein: 14.64g (29.28%), Phosphorus: 404.15mg (40.42%), Calcium: 375.74mg (37.57%), Vitamin B2: 0.57mg (33.42%), Vitamin B12: 1.76µg (29.33%), Vitamin E: 4.03mg (26.9%), Vitamin D: 3.91µg (26.05%), Selenium: 18.12µg (25.88%), Manganese: 0.49mg (24.58%), Magnesium: 68.57mg (17.14%), Vitamin B5: 1.64mg (16.39%), Vitamin A: 727.05IU (14.54%), Potassium: 491.65mg (14.05%), Vitamin B1: 0.21mg (13.76%), Zinc: 1.98mg (13.2%), Vitamin B6: 0.25mg (12.41%), Folate: 40.1µg (10.02%), Copper: 0.18mg (8.99%), Fiber: 2.1g (8.4%), Iron: 1.22mg (6.78%), Vitamin B3: 0.78mg (3.88%), Vitamin C: 1.33mg (1.62%), Vitamin K: 1.25µg (1.19%)