



## Savory Custard Timbales of Mustard Greens & Mushrooms

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



112 kcal

### Ingredients

- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 2 clove garlic minced peeled
- ☐ 0.7 cup heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup mustard greens sliced thin
- ☐ 0.3 teaspoon freshly cracked pepper black
- ☐ 12 servings unknown salt and pepper to taste

- ☐ 0.7 cup milk ricotta cheese whole
- ☐ 2 tablespoon butter unsalted
- ☐ 0.7 cup milk whole

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ double boiler
- ☐ baking pan
- ☐ aluminum foil
- ☐ muffin tray

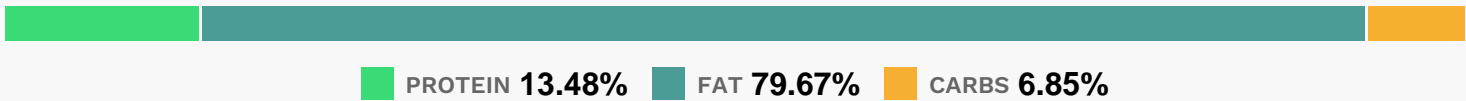
## Directions

- ☐ Pre-heat the oven to 300 degrees F. Melt the butter over medium high heat and add the mustard green chiffonades, diced mushrooms, and minced garlic. Cook until the greens are barely wilted and the garlic is fragrant. Set aside.
- ☐ Place the milk and cream in a sauce pan. Bring to a simmer. Bubbles should just begin to be forming along the edges, but do not boil.
- ☐ Add the ricotta and whisk it until well incorporated. Turn off the heat and set aside.
- ☐ Whisk the eggs and yolk together in a medium bowl. While whisking add a ½ cup or so of the hot cream mixture to temper the eggs. Then add the rest (pouring through a strainer if you like a very silky texture) to the mix and whisk well.
- ☐ Add the greens and mushroom mixture and stir together. Grease a standard size muffin tin.
- ☐ Pour the mixture into the pan dividing it evenly among each compartment.
- ☐ Place the tin into a larger baking pan and place the two pans together in the oven. Using a pitcher, pour warm water into the baking pan until the level comes about halfway up the sides

of the muffin tin, creating a bain marie.

- ☐ Bake about 45 minutes until just barely set. If the tops begin to brown too much cover it loosely with tin foil.
- ☐ Remove from the oven and let them cool.
- ☐ Place them, covered into the refrigerator for several hours (overnight is best).To
- ☐ Serve: When ready to plate, bring them to room temperature and carefully invert the tin. You may need to gently tap the bottom to release the timbales.
- ☐ Serve at room temperature. I often pair this with braised short ribs

## Nutrition Facts



## Properties

Glycemic Index:13.25, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:3.8969565085743%

## Flavonoids

Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 112.38kcal (5.62%), Fat: 10.08g (15.51%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.18g (1.31%), Cholesterol: 74.91mg (24.97%), Sodium: 324.78mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin K: 12.93µg (12.31%), Vitamin A: 542.77IU (10.86%), Selenium: 6.14µg (8.78%), Vitamin B2: 0.12mg (7.21%), Phosphorus: 69.25mg (6.93%), Calcium: 67.61mg (6.76%), Vitamin D: 0.67µg (4.44%), Vitamin C: 3.5mg (4.24%), Vitamin B12: 0.25µg (4.12%), Vitamin B5: 0.3mg (3%), Vitamin E: 0.42mg (2.78%), Zinc: 0.41mg (2.72%), Vitamin B6: 0.05mg (2.64%), Potassium: 81.5mg (2.33%), Folate: 8.82µg (2.2%), Iron: 0.34mg (1.9%), Magnesium: 6.88mg (1.72%), Vitamin B1: 0.02mg (1.52%), Copper: 0.02mg (1.1%)