



Sesame Custard Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



726 kcal

DESSERT

Ingredients

- ☐ 5 large egg yolks
- ☐ 1.8 cups milk
- ☐ 1 tablespoon asian sesame oil toasted ()
- ☐ 3 tablespoons sesame seed
- ☐ 0.8 cup sugar
- ☐ 1 cup whipping cream

Equipment

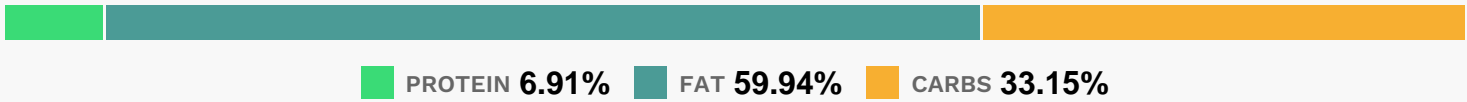
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ spatula

Directions

- ☐ In a large metal bowl, combine egg yolks and sesame oil; whisk just enough to blend.
- ☐ In a 10- to 12-inch frying pan over medium heat, stir and shake sesame seeds until pale golden brown, about 3 minutes.
- ☐ Pour into a blender with the sugar and whirl until seeds are coarsely ground. Return mixture to frying pan; add whipping cream and milk. Stir over medium-high heat until scalding (bubbles form at pan rim but mixture does not boil), about 5 minutes.
- ☐ Whisk cream mixture into egg yolk mixture, then scrape back into frying pan. Stir over medium-low heat with a flexible (silicone or heat-resistant plastic) spatula, scraping pan bottom and sides, until custard is thick enough to coat a metal spoon with a velvety layer, about 15 minutes. Immediately pour mixture back into metal bowl and nest in ice or ice water; stir often until cool, about 15 minutes.
- ☐ Pour custard through a fine strainer into another bowl, pressing moisture from seeds; discard seeds.
- ☐ Serve custard or cover and chill.

Nutrition Facts



Properties

Glycemic Index:47.7, Glycemic Load:37.76, Inflammation Score:-7, Nutrition Score:16.499130458935%

Nutrients (% of daily need)

Calories: 725.96kcal (36.3%), Fat: 49.5g (76.16%), Saturated Fat: 24.82g (155.12%), Carbohydrates: 61.59g (20.53%), Net Carbohydrates: 60.65g (22.05%), Sugar: 59.25g (65.83%), Cholesterol: 412.73mg (137.58%), Sodium: 90.49mg (3.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.69%), Vitamin A: 1806.07IU (36.12%), Phosphorus: 350.59mg (35.06%), Selenium: 24µg (34.29%), Calcium: 342.48mg (34.25%), Vitamin B2: 0.52mg

(30.85%), Vitamin D: 4.36µg (29.1%), Vitamin B12: 1.45µg (24.13%), Copper: 0.36mg (18.1%), Vitamin B5: 1.58mg (15.84%), Vitamin B1: 0.21mg (13.91%), Vitamin B6: 0.28mg (13.85%), Zinc: 2.05mg (13.67%), Folate: 52.3µg (13.07%), Magnesium: 52.13mg (13.03%), Iron: 2.04mg (11.34%), Manganese: 0.22mg (11.04%), Vitamin E: 1.62mg (10.78%), Potassium: 358.19mg (10.23%), Fiber: 0.94g (3.78%), Vitamin K: 3.8µg (3.62%), Vitamin B3: 0.57mg (2.84%)