



Snow Eggs with Pistachio Custard and Chocolate Drizzle

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

Ingredients

- ☐ 3 drops almond extract
- ☐ 2 oz fine-quality bittersweet chocolate unsweetened finely chopped (not)
- ☐ 4 large eggs separated
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup pistachios raw unsalted red shelled (not dyed , preferably)
- ☐ 1 cup sugar
- ☐ 1 quart milk whole

Equipment

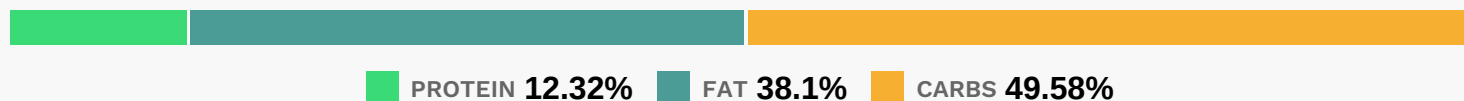
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ ice cream scoop
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Preheat oven to 350°F.
- ☐ Drop nuts into boiling water and cook 2 minutes.
- ☐ Drain in a colander and transfer to a bowl of ice and water to stop cooking.
- ☐ Drain in colander again. Peel off skins and pat nuts dry, then spread in 1 layer in a shallow baking pan.
- ☐ Bake in middle of oven until dry and lightly toasted, about 7 minutes, then cool. Coarsely chop 2 tablespoons nuts and leave remaining nuts whole.
- ☐ Finely grind whole pistachios with 2 tablespoons sugar in a food processor.
- ☐ Add 3 tablespoons milk and process to a paste. Blend in 5 tablespoons milk and transfer pistachio cream to a bowl. Chill, covered, 8 hours.
- ☐ Whisk together 2 tablespoons sugar and remaining 3 1/2 cups milk in a deep 12-inch skillet and bring to a bare simmer (milk should steam but not bubble).

- ☐ While milk is heating, beat whites with lemon juice and a pinch of salt in a large bowl with an electric mixer at medium speed until they just hold soft peaks. Gradually beat in 1/2 cup plus 2 tablespoons sugar, a little at a time, and beat until meringue just holds stiff peaks.
- ☐ Using an oval-shaped ice cream scoop or an oval soup spoon, form 8 meringue "eggs," gently dropping them as formed into milk mixture (keep milk at a bare simmer). Poach meringues until set on bottom, about 2 minutes, then carefully turn over and poach until set throughout, about 2 minutes more.
- ☐ Transfer with a slotted spoon to a plastic-wrap-lined shallow baking pan and make 8 more meringues in same manner.
- ☐ Pour poaching liquid through a very fine sieve into a large glass measure.
- ☐ Whisk together yolks, remaining 2 tablespoons sugar, and a pinch of salt in a 2-quart heavy saucepan, then slowly add poaching liquid, whisking constantly. Cook custard over moderately low heat, stirring constantly with a wooden spoon, until it's thick enough to coat back of spoon and registers 170 to 175°F on an instant-read thermometer (do not boil).
- ☐ Pour custard into a metal bowl and stir in pistachio cream and almond extract. Set bowl in a larger bowl of ice and cold water and cool custard, stirring occasionally.
- ☐ Pour custard through very fine sieve into another bowl, pressing on and discarding solids.
- ☐ Melt chocolate in a small metal bowl set over a small saucepan of barely simmering water, stirring occasionally, until smooth.
- ☐ Pour custard into 8 shallow bowls or rimmed plates and arrange meringues on top.
- ☐ Drizzle chocolate over meringues and custard and sprinkle with chopped pistachios.
- ☐ · Using raw (not roasted) pistachios gives the custard the best color and a true pistachio flavor, available at many natural foods stores and Kalustyan's (212-685-3451 or kalustyans.com.) · Meringues and custard can be made 6 hours ahead and chilled separately, covered. Bring to room temperature before serving. · The egg whites in this recipe will not be fully cooked. If salmonella is a problem in your area, you can use reconstituted powdered egg whites such as Just Whites.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:19.55, Inflammation Score:-3, Nutrition Score:8.9656522559083%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 288.23kcal (14.41%), Fat: 12.48g (19.2%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 35.18g (12.79%), Sugar: 33.95g (37.72%), Cholesterol: 107.62mg (35.87%), Sodium: 81.88mg (3.56%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Caffeine: 6.1mg (2.03%), Protein: 9.08g (18.16%), Phosphorus: 223.51mg (22.35%), Vitamin B2: 0.3mg (17.87%), Calcium: 172.41mg (17.24%), Selenium: 11.44µg (16.34%), Vitamin B12: 0.87µg (14.57%), Vitamin D: 1.8µg (12.01%), Copper: 0.21mg (10.43%), Vitamin B6: 0.2mg (10.17%), Manganese: 0.2mg (10.12%), Magnesium: 38.09mg (9.52%), Potassium: 330.97mg (9.46%), Vitamin B5: 0.89mg (8.86%), Vitamin B1: 0.13mg (8.81%), Zinc: 1.18mg (7.85%), Vitamin A: 350.13IU (7%), Iron: 1.21mg (6.71%), Fiber: 1.36g (5.44%), Folate: 15.8µg (3.95%), Vitamin E: 0.53mg (3.54%), Vitamin K: 1.95µg (1.86%), Vitamin B3: 0.31mg (1.54%)