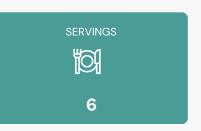


Thai Tea Pudding with Lime Caramel and Candied Cashews

(#) Gluten Free







DESSERT

Ingredients

6 servings cashew pieces
0.3 cup cornstarch
2 large eggs
1 quart half and half
0.5 teaspoon kosher salt

1 cup sugar

6 servings lime

	6 servings whipped cream	
	0.5 cup milk whole	
	0.3 cup frangelico dried	
	0.3 cup frangelico dried	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	whisk	
	mixing bowl	
	sieve	
	grill	
	stove	
Directions		
	Whisk the milk, eggs, and cornstarch together in a medium mixing bowl.	
	Combine the half-and-half, sugar, Thai tea mix, and salt in a medium saucepan, and bring to a boil over medium-high heat, 5 to 6 minutes.	
	Pour the mixture through a fine-mesh strainer into a bowl, and then slowly whisk it into the egg mixture until well incorporated.	
	Wash the saucepan and then return it to the stove.	
	Pour the tea-egg mixture back into the pan and cook over medium-low heat, whisking constantly and scraping the sides and bottom of the pan so that the ingredients don't stick and burn, until the mixture is noticeably thicker, 5 minutes.	
	Remove the pan from the heat and pour the pudding into 6 dessert cups. Chill in the refrigerator for at least 2 hours before serving.	
	Serve topped with the lime caramel, candied cashews, and lime whipped cream.	
	*Thai tea mix: This is a prepackaged blend of black tea and spices found in Thai markets.	

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Clarkson Potter
Susan Feniger's taste for travel is reflected on the menu at Susan Feniger's Street (Hollywood)
and the three Border Grill eateries (Los Angeles, Santa Monica, and Las Vegas) and Border
Grill Truck and kiosk she co-owns with Mary Sue Milliken. A trailblazer on food TV with Food
Network's Too Hot Tamales (1995–99), Feniger has more recently appeared on Season 2 of
Top Chef Masters. Susan Feniger's Street Food, written with Kajsa Alger and Liz Lachman, is
her sixth book.

Nutrition Facts

PROTEIN 8.94% FAT 52.4% CARBS 38.66%

Properties

Glycemic Index:36.72, Glycemic Load:26.25, Inflammation Score:-6, Nutrition Score:14.949565203294%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 581.5kcal (29.08%), Fat: 34.99g (53.83%), Saturated Fat: 15.15g (94.72%), Carbohydrates: 58.08g (19.36%), Net Carbohydrates: 56.83g (20.67%), Sugar: 43.19g (47.99%), Cholesterol: 124.2mg (41.4%), Sodium: 326.59mg (14.2%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 13.43g (26.86%), Phosphorus: 388.8mg (38.88%), Copper: 0.7mg (34.8%), Magnesium: 109.11mg (27.28%), Vitamin B2: 0.44mg (25.84%), Manganese: 0.51mg (25.49%), Selenium: 17.03µg (24.33%), Calcium: 223.18mg (22.32%), Zinc: 2.69mg (17.9%), Vitamin A: 725.89IU (14.52%), Iron: 2.47mg (13.73%), Potassium: 476.58mg (13.62%), Vitamin B1: 0.2mg (13.11%), Vitamin B6: 0.25mg (12.51%), Vitamin K: 12.55µg (11.95%), Vitamin B5: 1.08mg (10.8%), Vitamin B12: 0.58µg (9.59%), Vitamin E: 0.9mg (6.02%), Folate: 20.81µg (5.2%), Fiber: 1.25g (5%), Vitamin C: 3.61mg (4.37%), Vitamin D: 0.58µg (3.87%), Vitamin B3: 0.54mg (2.71%)