

Betty's Christmas Boiled Custard Recipe



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In this video, Betty demonstrates how to make creamy, delicious Christmas Boiled Custard—a Central Kentucky favorite during holiday season. You can use it as a dessert or a drink, or as a dessert drink!

Ingredients:

3 egg yolks or 2 whole eggs
½ teaspoon flour
¼ cup sugar
2 cups milk
½ teaspoon vanilla
a few grains of salt

Scald 2 cups milk in a medium-sized saucepan over low to medium heat. Stir in ¼ cup sugar, ½ teaspoon flour, and a few grains of salt. Return to heat, and let the mixture come almost to boiling. Beat eggs in a medium to large mixing bowl. Gradually add hot milk mixture, beating continually. Pour the mixture back into saucepan and return to heat. Cook until the custard coats a spoon. Remove from heat. **DO NOT BOIL.** Stir until the custard begins to cool, and add ½ teaspoon vanilla. Pour into a nice bowl for serving. To serve, use a ladle to fill small cups or glasses. This is best served while very warm. Enjoy! From my family to yours, Merry Christmas! I hope you and your family have the best Christmas ever! Love, Betty