

Normandy Apricot Custard

Susan Herrmann Loomis, chef and author



Home cooking at its finest, and a signature dish of Normandy.

FRUIT LAYER:

- 3 tablespoons unsalted butter
- 2 pounds apricots, slightly under-ripe
- 1/4 cup light brown sugar

CUSTARD LAYER:

- 6 tablespoons sugar, infused with vanilla
- 2 tablespoons unsalted butter
- 2 large eggs
- 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 3/4 cup milk

TOPPING LAYER:

- 1/3 cup sugar, infused with vanilla
- 4 tablespoons unsalted butter
- 1 large egg

Desserts

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

Preparation Time: 30 minutes

The topping mixture is what makes this dish. Can be made several hours ahead of serving. Whatever bowl you bake this in, be sure to leave at least 1/2 inch of space below the edge, as it may overflow. Use a tall bowl, not a wide flat one. Vanilla sugar is simply regular sugar to which you have added a vanilla bean, cut in half. It will exude some scent to the sugar. Remove after a couple of months. When you add new sugar to your canister, add another vanilla bean. Since apricot season is so short, maybe this could be made with pluots instead. Date 8/2007 Photo used is not the real dish.

1. Preheat oven to 400°. Thoroughly butter and flour a 2-quart round baking dish about 4 inches deep. You may also use 1-cup ramekins.
2. Fruit Layer: Melt butter in medium wide skillet over medium heat. Add apricots and brown sugar, stir and saute until they are hot through and sugar has melted and begun to caramelize, about 8 minutes. Remove from heat and set aside.
3. Custard Layer: In a large bowl mix together the sugar and 2 T. of butter until the mixture is pale yellow and light, about 3-5 minutes. Mix in eggs one at a time until thoroughly combined. Use a whisk on the mixture until it is light and pale yellow. Sift the flour and baking powder over the bowl, whisking as you do, so it incorporates smoothly into the mixture. Then whisk in the milk. Fold in the warm apricots and the cooking juices, then pour the entire mixture into the prepared mold. Bake in center of oven until it begins to puff and look golden, about 30 minutes.
4. Topping Layer: While the custard is baking, whisk together vanilla sugar and remaining 4 T. butter until light and fluffy. Whisk in the egg until combined. Remove the baked apricot custard from the oven and spread this topping over it. Return it to the oven and bake until golden and bubbling, an additional 20 minutes. Remove from the oven and let cool to room temperature before serving.
5. Serve with a rosemary sprig as garnish.

Per Serving (excluding unknown items): 335 Calories; 16g Fat (41.9% calories from fat); 6g Protein; 44g Carbohydrate; 2g Dietary Fiber; 118mg Cholesterol; 103mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.