

Orange Ginger Custard Sauce or Pudding

From *The Diva's Famous Do-Ahead Thanksgiving Dinner* - from *Happy Holidays from the Diva of Do-Ahead*, Diane Phillips



Servings: 12

You may also serve this gingery smooth custard sauce with apple cake, gingerbread, spice cake or bread pudding. It can also be eaten straight, as a pudding. Don't overwhelm it with other very strong flavors as you'll miss the nuance of the delicate orange and ginger flavoring. DO strain the sauce - you'll be sorry if you don't as you'll have little bits of cooked egg white in it!

- 3 cups whole milk
- Zest of 1 orange
- 2 teaspoons crystallized ginger, chopped
- 1/3 cup sugar
- 1/4 cup cornstarch
- 6 large egg yolks
- 1 cup heavy cream
- 1 teaspoons. orange liqueur, or orange extract (1 to 2)

1. In medium pan, heat milk, orange zest, and ginger over medium high heat until milk begins to form bubbles around sides of pan. Remove from heat and allow to steep for 5 minutes.
2. Strain zest and ginger out of milk, returning milk to the pan.
3. In another bowl whisk eggs thoroughly, then whisk in sugar and cornstarch. Add to milk mixture and place over medium heat, whisking until mixture thickens and comes to a boil, 4 to 5 minutes.
4. Remove from heat and stir in cream and liqueur (I used about 2 tsp of orange liqueur). Pour through a fine strainer or cheesecloth (to remove any egg solids) and into a glass bowl. Let cool slightly and press plastic wrap directly against surface to keep a skin from forming. Refrigerate for at least 4 hours.
5. At this point, you may refrigerate for up to 4 days or freeze up to 1 month. When ready to serve, rewhisk sauce and serve cold or warm.

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

Yield: 3 cups

Per Serving (excluding unknown items): 171 Calories; 12g Fat (62.7% calories from fat); 4g Protein; 12g Carbohydrate; trace Dietary Fiber; 142mg Cholesterol; 42mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.