

## Custard

This basic recipe can be served in individual cups, garnished with a bit of nutmeg or a thin fresh orange slice. It can also be used as the base for a vegan custard pie. This recipe does take a bit of stirring during preparation, but it is worth it!

(Serves 20)

- 10 cups (2 quarts + 1 pint) soymilk, divided
- 10 Tablespoons (5 ounces) cornstarch
- 4 1/2 cups (1 3/4 pounds) sugar (Use your favorite vegan variety.)
- 2 Tablespoons vanilla extract
- 1 Tablespoon ground nutmeg
- 2 Tablespoons fresh orange or lemon zest

In a mixing bowl, combine 2 cups soymilk with the cornstarch and whisk to combine. Set aside.

Pour the remaining soymilk and the sugar into a small stock pot, and while stirring, bring to a fast boil. As soon as the milk boils, remove the pot from the heat. Whisk the cornstarch mixture into hot milk (still in the pot) until well-combined. Return the mixture to the stove and mix in the vanilla, nutmeg, and zest. Whisk constantly over low heat for 10-12 minutes until the mixture thickens. Remove from the stove and refrigerate for at least one hour before serving. The mixture will thicken a bit more when it is refrigerated.

Total calories per serving: 245 Fat: 2 grams

Carbohydrates: 53 grams      Protein: 4 grams

Sodium: 48 milligrams      Fiber: <1 gram

(Serves 4)

- 2 cups soymilk, divided
- 2 Tablespoons cornstarch
- 3/4 cup sugar (Use your favorite vegan variety.)
- 2 teaspoons vanilla extract
- 1 teaspoon ground nutmeg
- 2 teaspoons fresh orange or lemon zest

In a small bowl, combine 1/4 cup soymilk with the cornstarch and whisk to combine. Set aside.

Pour the remaining soymilk and the sugar into a medium pot, and while stirring, bring to a fast boil. As soon as the milk boils, remove the pot from the heat. Whisk the cornstarch mixture into hot milk (still in the pot) until well-combined. Return the mixture to the stove and mix in the vanilla, nutmeg, and zest. Whisk constantly over low heat for 5-10 minutes until the mixture thickens. Remove from the stove and refrigerate for at least one hour before serving. The mixture will thicken a bit more when it is refrigerated.

Total calories per serving: 219 Fat: 2 grams

Carbohydrates: 46 grams Protein: 4 grams

Sodium: 48 milligrams Fiber: <1 gram

By Chef Nancy Berkoff, RD, EdD

[http://www.vrg.org/journal/vj2012issue4/2012\\_issue4\\_assisted\\_living\\_food\\_service.php](http://www.vrg.org/journal/vj2012issue4/2012_issue4_assisted_living_food_service.php)