



Historical Society of Pennsylvania

PHILADELPHIA'S LIBRARY OF AMERICAN HISTORY

“French Custard,” in *“Mrs. Porter’s New Southern Cookery Book”*, TX 652 .C37 no.326

Original Recipe:

One quart of milk, eight eggs, sugar and cinnamon to taste; separate the eggs, beat the yolks until thick, to which add the milk, a little vanilla, and sweeten to taste; put it into a pan or farina kettle, place it over a slow fire and stir it all the time until it becomes a custard; then pour it into a pudding-dish to get cold; whisk the whites until stiff and dry; have ready a pan of boiling water, on top of which place the whites; cover and place them where the water will keep sufficiently hot to cause a steam to pass through and cook them; place in a dish (suitable for the table) a layer of custard and white alternately; on each layer of custard grate a little nutmeg with a teaspoonful of wine; reserve a layer of white for the cover, over which grate nutmeg; then send to table and eat cold.

Working Recipe:

For the batter

- 3 eggs
 - 3 egg yolks
 - 2 ½ cups whole milk
 - ½ cup granulated sugar
 - 1 tsp vanilla extract
1. Preheat the oven to 350°F. Gather 6 (6 oz.) baking dishes. Boil a teapot of water.
 2. Prepare the egg batter. Whisk the eggs, egg yolks, and sugar together until well-blended.
 3. Warm the milk over the stove over medium-low heat. Warm until steam begins to rise from the milk but it hasn’t begun to simmer or boil yet.
 4. Very slowly pour the warm milk into the egg batter, whisking the egg batter as you do. Continue whisking until you’ve added all the milk and everything is combined well. Add vanilla and stir.
 5. Pour batter into baking dishes. Place them in a casserole dish, then transfer to the middle rack of your oven.

6. Pour the boiling water from the teapot into casserole dish until it's about halfway up the baking dishes. Be careful not to pour any water inside the actual dishes
7. Bake the cream batter for 30 to 40 minutes, checking on the custard at the 30 minute mark. Once the custard only has a slight wobble, or tremble, in the center but the edges are set, it's ready to come out of the oven. Once you take it out of the oven, remove the baking dishes to cool. Once cooled, cover and put in the fridge. Let cool for a few hours. Once set, eat and enjoy!