

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- March - EGGS

BAKED ORANGE CUSTARD

Zest of 1 large orange

1 1/2 C sugar

2 C whole milk

1 tsp. Vanilla extract

1/2 tsp. Salt

4 large eggs

Heat oven to 325. In a heavy bottomed saucepan heat 1 C sugar over medium heat swirling pan until sugar melts and turns a nice caramel color. Remove from heat and pour into a deep 8" glass pie dish. Set aside.

In a medium saucepan combine milk with vanilla, orange zest and salt. Slowly heat the milk until it begins to simmer, remove from heat. In a large bowl whisk the 4 eggs, add the remaining 1/2C sugar and slowly add the warmed milk, stir until the sugar is melted. Pour the custard over the caramel, and then place the dish in a large roasting pan. Transfer the roasting pan to the oven and add enough boiling water to the roasting pan to come halfway up the side of the pie dish. Bake the custard until it is set on the edges, but still a little loose in the center. 40- 45 minutes. Remove the pie dish from the water bath to cool. Refrigerate at least 4 hours or overnight. To serve invert a serving dish over the pie plate and then flip the two together to allow the custard and its caramel sauce to fall on the serving dish. Cut into wedges and serve.

Recipe by Robin Forte

For more information visit

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