

Coffee Custard Cake Filling

What's Cooking II
North American Institute of Modern Cuisine

Yield: 1 3/4 cups

2 cups milk
2/3 cup sugar
2 tablespoons instant coffee
3 egg yolks
1/4 cup cornstarch
2 tablespoons unsalted butter
1/2 teaspoon vanilla extract

In a saucepan, heat the milk and sugar. Fold in the instant coffee. Set aside.

In a bowl, whip the egg yolks and cornstarch. Dilute in 1/3 cup of the hot milk mixture. Set aside.

Bring to a boil the remaining sweetened milk. Beat into the yolk mixture.

Pour into a saucepan. Cook for 1 minute or so, whisking vigorously.

Off heat, whisk in the butter and vanilla until creamy smooth. Let cool until lukewarm. Refrigerate.

Per Serving (excluding unknown items): 1321 Calories; 55g Fat (36.9% calories from fat); 25g Protein; 185g Carbohydrate; trace Dietary Fiber; 766mg Cholesterol; 269mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 2 Non-Fat Milk; 9 1/2 Fat; 9 Other Carbohydrates.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	1321	Vitamin B6 (mg):	.4mg
% Calories from Fat:	36.9%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	55.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.4%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	55g	Folacin (mcg):	98mcg
Saturated Fat (g):	29g	Niacin (mg):	trace
Monounsaturated Fat (g):	17g	Caffeine (mg):	9mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	6

Cholesterol (mg):	766mg
Carbohydrate (g):	185g
Dietary Fiber (g):	trace
Protein (g):	25g
Sodium (mg):	269mg
Potassium (mg):	808mg
Calcium (mg):	660mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	2450IU
Vitamin A (r.e.):	690RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	2
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	2
Fat:	9 1/2
Other Carbohydrates:	9

Nutrition Facts

Amount Per Serving

Calories 1321 **Calories from Fat:** 488

% Daily Values*

Total Fat 55g	84%
Saturated Fat 29g	146%
Cholesterol 766mg	255%
Sodium 269mg	11%
Total Carbohydrates 185g	62%
Dietary Fiber trace	1%
Protein 25g	
Vitamin A	49%
Vitamin C	8%
Calcium	66%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.