

Pear 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
1 teaspoon pear brandy
3 egg yolks
1/4 cup cornstarch
2 tablespoons unsalted butter
1/2 teaspoon vanilla extract
3 tablespoons canned pears, chopped

In a saucepan, heat the milk and sugar. Fold in the pear brandy. 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.

Add the chopped pears.

Per Serving (excluding unknown items): 1347 Calories; 55g Fat (36.5% calories from fat); 25g Protein; 189g Carbohydrate; 1g Dietary Fiber; 766mg Cholesterol; 269mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 0 Fruit; 2 Non-Fat Milk; 9 1/2 Fat; 9 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1347
% Calories from Fat:	36.5%
% Calories from Carbohydrates:	56.1%
% Calories from Protein:	7.4%
Total Fat (g):	55g
Saturated Fat (g):	29g
Monounsaturated Fat (g):	17g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	766mg
Carbohydrate (g):	189g
Dietary Fiber (g):	1g
Protein (g):	25g
Sodium (mg):	269mg
Potassium (mg):	822mg
	661mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	3.3mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	98mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	19
% Refused:	n n%

Food Exchanges

Grain (Starch):	2
Lean Meat:	1
Vegetable:	0
Fruit:	0
	2
	1

Calcium (mg):
Iron (mg): 2mg
Zinc (mg): 3mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 2450IU
Vitamin A (r.e.): 690RE

Non-Fat Milk:
Fat: 9 1/2
Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories 1347 **Calories from Fat:** 492

% Daily Values*

Total Fat 55g	84%
Saturated Fat 29g	146%
Cholesterol 766mg	255%
Sodium 269mg	11%
Total Carbohydrates 189g	63%
Dietary Fiber 1g	4%
Protein 25g	
Vitamin A	49%
Vitamin C	8%
Calcium	66%
Iron	13%

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