

Rum Raisin 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 rum extract
3 tablespoons raisins
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 rum and raisins. 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): 1407 Calories; 55g Fat (34.7% calories from fat); 26g Protein; 207g Carbohydrate; 1g Dietary Fiber; 766mg Cholesterol; 271mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 1/2 Fruit; 2 Non-Fat Milk; 9 1/2 Fat; 9 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1407	Vitamin B6 (mg):	.4mg
% Calories from Fat:	34.7%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	58.2%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	7.2%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	55g	Folacin (mcg):	99mcg
Saturated Fat (g):	29g	Niacin (mg):	1mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	12
Cholesterol (mg):	766mg	% Refuse:	n n%
Carbohydrate (g):	207g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	2
Protein (g):	26g	Lean Meat:	1
Sodium (mg):	271mg	Vegetable:	0
Potassium (mg):	1001mg	Fruit:	1 1/2
Calcium (mg):	673mg	Non-Fat Milk:	2
Iron (mg):	3mg	Fat:	9 1/2

Zinc (mg): 4mg
 Vitamin C (mg): 5mg
 Vitamin A (i.u.): 2453IU
 Vitamin A (r.e.): 690 1/2RE

Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories 1407 Calories from Fat: 488

% Daily Values*

Total Fat 55g	84%
Saturated Fat 29g	146%
Cholesterol 766mg	255%
Sodium 271mg	11%
Total Carbohydrates 207g	69%
Dietary Fiber 1g	6%
Protein 26g	
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Vitamin A	49%
Vitamin C	9%
Calcium	67%
Iron	16%

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