Molasses Custard

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Gently sweetened by blackstrap molasses and filled with nourishing, wholesome fats, this custard makes for a lovely winter dessert.

Ingredients:

- butter, for greasing the custard dish
- 8 egg yolks, slightly beaten
- 1 quart heavy cream OR 2 cups heavy cream and 1 cup whole milk, preferably raw, definitely not ultra-pasteurized
- ¼ cup blackstrap molasses
- Dash unrefined sea salt

Yield: Approximately 6 servings
Time: 45 minutes (preparation and cooking)

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Method:

Preheat your oven to 350 degrees Fahrenheit. Grease a large custard dish, soufflé or individual ramekins and set them aside.

Gently stir beaten egg yolks, one quart heavy cream or two cups heavy cream and 2 cups whole milk together with ¼ cup blackstrap molasses and a dash salt until well-blended and uniform in color.

Pour the mixture into your greased dish or individual ramekins and place them in a casserole dish, filling the casserole dish with about one inch warm water. Bake about 40 minutes or until a toothpick inserted into the center of the custard comes out clean.

Serve immediately as this dish does not store well.