

CARDAMOM CUSTARD SAUCE

Makes 2 cups

Ingredients:

- 4 large egg yolks
- 3 Tbsp granulated sugar
- 2 cups half and half
- 3 whole cardamom pods, crushed
- 1/4 tsp. vanilla extract

In a bowl, whisk the egg yolks and sugar until thick and light yellow.

In a small, heavy saucepan, heat the half and half and cardamom over medium heat until small bubbles appear around the edges of the pan. Slowly whisk the hot liquid into the yolk mixture, then pour into the top of a double boiler. Cook over water that has been brought to a boil and reduced to medium, stirring constantly with a wooden spoon, until the custard thickens and covers the back of the spoon, about 10 minutes.

Strain the custard through a fine-mesh sieve into a clean container. Stir in the vanilla. Serve warm or chilled. Keeps 3 days if covered and refrigerated.



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