
KITCHEN CONNAISSEUR

Baked Pumpkin and Maple Custard



Recipe by Serene Choo, from the Stratford Chefs School
Serves 4

ingredients

FOR CUSTARD

1 tsp	Chocolate Mocha Sauce
1 tsp	Maple Cappuccino Sauce
1/4 cup	Pure maple syrup
3/4 cup	Evaporated milk
1/2 cup	Pure pumpkin puree, strain excess water
1 Tbsp	Brown sugar
1 tsp	Ground cinnamon
1/8 tsp	Ground nutmeg
1/8 tsp	Ground ginger
1/2	Vanilla bean, scraped
2	Large egg yolks

TO SERVE

1 cup	35% whipping cream
Pinch	Nutmeg
1 tsp	Sugar
To garnish	White chocolate shavings

FOR CRUMBLE GARNISH

1 cup	All-purpose flour
2/3 cup	Sugar
1/3 cup	Unsalted butter, cubed
1/4 tsp	Salt

instructions

Custard Directions:

Preheat oven to 350F, in saucepan boil 2 C of water.

Combine all ingredients (except evaporated milk and egg yolks) well in a food processor. In a separate bowl, whisk lightly egg yolks. In a saucepan, place evaporated milk and bring to a boil, take off heat. Slowly add evaporated milk onto egg yolks, whisking

continuously.

Whisk pumpkin mixture in. Mixture should be smooth.

Divide mixture into ramekins, set on baking pans and place in oven.

Add boiling water in baking pan until it comes half way up the sides of ramekins.

Bake for 30-40 minutes or until custard has set, cool.

Serve as is or chilled for at least 1 hour.

Garnish Directions:

Combine flour, sugar, and salt in a food processor. Add butter by pulsing until just combined (crumbly). Spread evenly on a baking sheet lined with parchment. Bake in 350F oven until topping is golden and crisp. Cool and set aside.

Combine whipping cream, nutmeg and sugar in a bowl. Use whisk to whip mixture until soft peaks are formed. Chill.

On custard, place a dollop of whipping cream, a light sprinkle of crumble, and a couple of chocolate shavings.