



LOWFAT BLUEBERRY CUSTARD BRULEE

Josh Long - Student
Marie Emerson - Chef Instructor
Washington County Community College
Calais, Maine

Ingredients:

- 2 c. fresh or frozen wild maine blueberries
- 4 Tbsp. sugar
- 2 Tbsp. cornstarch
- 1 ½ c. or 1 can non-fat evaporated milk
- 2 large eggs
- 5 Tbsp. non-fat sour cream
- 1 tsp. vanilla extract
- 3 Tbsp. brown sugar

Directions:

1. Divide blueberries evenly among six 4-oz. ovenproof custard cups. Set aside.
2. Combine sugar and cornstarch in a heavy bottom saucepan.
3. Beat eggs and milk in a bowl; add to dry ingredients and stir.
4. Cook over medium heat constantly stirring, until mixture comes to a boil.
5. Remove from heat and cool for 5 minutes.
6. Stir in flavoring and sour cream.
7. Sprinkle each cup with heaping teaspoon of brown sugar. Broil 5 ½ inches away from heat until sugar melts. Serve immediately. Serves 6.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.



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