

# Southern Baked Custard

## Ingredients

- 3 eggs, beaten
- ¼ cup sugar
- Sea salt, just a pinch
- 1 tsp of a good vanilla (almond (Amaretto) works too)
- 2½ cups of whole milk
- Nutmeg to sprinkle on top (optional)

Heat oven to 350°F. You will need 6 custard cups (6-oz size) and a 9x13-inch pan.

## Instructions

In a large bowl, beat the first 4 ingredients until mixed well. Gradually add the milk while stirring. Pour into the custard cups, dividing evenly, sprinkle with nutmeg. Set the cups in the 9x13-inch pan; fill with 1-inch of hot water and place in preheated oven. Bake for 45 minutes to an hour until a flat knife inserted in the center comes out clean. They need to cool at room temperature for one hour. Then put in the refrigerator (uncovered) to finish cooling. Can be served warm or chilled.

## Tips

- No custard cups? Pour the mixture into a 1½ quart casserole dish, place in a larger pan and pour in 1-inch of hot water. Bake at 350°F for about 50 minutes to an hour.