Creole Egg Custard (*Oeufs aux Lait* in French – pronounced “oovs-oh-lay”)



This is an ancient dessert recipe from the Louisiana gulf coast. I can’t remember who gave it to me when I was still living in New Orleans (maybe my dad?).

Ingredients:

6 large eggs, beaten well (you may use 1½ cups egg substitute, if you like)

6, 5-ounce cans evaporated milk (fat-free works great)

1 cup sugar (you may substitute 2 cups Splenda sugar substitue)

2 tablespoons cornstarch

2 tablespoons vanilla extract

⅛ teaspoon nutmeg

Preparation:

Preheat oven to 350° F. In a large bowl, mix all the ingredients well, ensuring that the sugar is thoroughly dissolved.

Grease a 9” x 13” baking dish or 12 muffin baking cups. Fill another pan large enough to set the baking dish or cupcake tray in with 1” water, then set the baking dish/muffin tray in it – this is called a *bain marie* in the cooking world. Fill the baking dish/muffin cups with the egg mixture, then place the whole thing in the preheated oven. Bake for 25 minutes, checking the water level of the *bain marie* from time to time and replenishing it as it evaporates away.

After the 25 minutes has lapsed, lower the oven temperature to 325° F. and bake another 30 minutes.

If you made your *oeufs aux lait* in a baking dish, rather than in muffin tins, let it cool 10 minutes before slicing and serving. Serve the custard either warm or chilled with whipped cream and/or fresh fruit. Any leftovers can be stored in the freezer.