

# Orange Sponge Custard

The original recipe is from the L.L. Bean Book of New England Cookery that I've enhanced. We made it the first time for our cookbook group in Ann Arbor. Serve with an orange sauce (see recipe for Orange Sauce with Grand Marnier)



## Ingredients:

- 1 1/2 Tbsp. unsalted butter
- 3/4 cup sugar
- 1 large orange
- 3 eggs
- 3 Tbsp. flour
- 1 cup milk

## Equipment:

- Microplane or zesting tool
- Mixer
- 1 1/2-quart baking dish
- Pan large enough to hold baking dish plus 1" of water
- Paper towel



## Orange Sponge Custard:

☑	Directions	Time (min)
	Preheat oven to 325	
	Chill a mixing bowl that fits the stand mixer	1
	Remove 1 Tbsp. orange rind with micro plane or zesting tool	2
	Cut orange in half. Scrape out 1/3 cup juice. Pass through a strainer, if necessary.	3
	In a stand mixer (or with a hand mixer), combine 1 1/2 Tbsp. butter, 3/4 cup sugar, and orange zest	2
	Separate 3 eggs into two bowls that fit the mixer. Place the egg whites in the chilled bowl	2
	Add 3 egg yolks to the sugar mixture one at a time	1
	Alternate adding a third of each of the 1/3 cup orange juice, 3 Tbsp. flour, and 1 cup of milk to the sugar while mixing slowly	2
	Place the bowl with the egg whites on the mixer and whip them to form firm peaks	3
	Fold the egg whites into the sugar mixture	1
	Use a paper towel to coat a 1 1/2-quart baking dish with 1 1/2 Tbsp. butter	2
	Transfer custard into the baking dish	1
	Heat 1 qt. water in a kettle or teapot	3
	Place baking dish in larger pan. Place both on an oven rack that has been pulled out for easy access.	1
	Pour hot water into the large pan until it is 1" deep around the baking dish. Carefully slide rack into the oven	1
	Bake. Remove carefully to avoid sloshing hot water.	60
	Make orange sauce while baking	
	<b>Total</b>	<b>1 hr. 22 min</b>