

Baked Corn Custard

March 4th, 2019

This recipe serves: 5

Prep Time: 01:30

Cook Time: 00:00

This savory casserole-like custard dish makes a great side dish. Although the original recipe included only corn, and considerably more sugar (more than double what I listed here), I find this recipe to be amply sweet and provide a nice addition to any meal.

Ingredients:

- 1/4 cup unsalted butter
- 4 Tablespoons All Purpose Flour (or Gluten-Free equivalent)
- 1 Tablespoon White Sugar
- 1 egg, well beaten
- 6 oz Heavy Cream
- 1 Clove (1/2 Teaspoons) Garlic, finely minced or 1/4 Teaspoon Garlic Powder
- 1 can (15.25-oz.) Whole Kernel Sweet Corn, drained
- 1/2 half Small White Onion, finely diced
- 1 small Red Bell Pepper (Pimento), finely diced
- 1 small Orange Bell Pepper, finely diced
- 3 Jalapeno Peppers, seeds and pith removed and finely diced
- 1/4 teaspoon salt
- 1/2 teaspoon Smoked Paprika

Directions:

Preheat oven to 350° Fahrenheit.

In a sauce pan, heat the butter slowly over medium-low heat, swirling the pan until the butter melts. Remove immediately from heat before the butter begins to brown.

Set the butter aside to cool.

Gently mix the flour into the cooled liquid butter until well smooth. Then mix in the sugar, eggs, and Heavy Cream. Continue to mix until it is smooth again, and all the sugar has been incorporated.

This is similar to a custard.

Stir the salt, paprika, garlic, drained corn, and various peppers into the custard until fully mixed.

Pour into a shallow 8x8 inch baking dish.

Bake uncovered at 350° Fahrenheit for approximately 1 hour and 15 minutes.

The center should be set firm, lightly browned, and caramelized on top.

Let stand for 5 minutes, serve warm.