



BAKED MIRLITON CUSTARD TERRE AUX BOEUFs

Prep Time: 45 Minutes

Yields: 6 Servings

Ingredients:

3 medium young mirlitons, halved lengthwise
2 tbsps seedless raisins, soaked in warm water to plump and halved
1 cup milk
3 egg yolks, lightly beaten
1½ tbsps light brown sugar
¼ tsp salt
1 tsp dark Jamaican rum
3 egg whites, chilled
pinch cream of tartar
2 tbsps slivered almonds, toasted

Method:

Preheat oven to 325°F. In a medium stockpot, add mirliton halves and cover with lightly salted water. Bring to a rolling boil over medium-high heat, reduce to simmer and boil 10 minutes or until mirlitons are just tender. Drain well. Carefully scoop out pulp, leaving a thin, but firm shell. Set shells aside. Finely chop pulp, place in a medium bowl and allow to stand a few minutes. Using a colander, drain excess liquid from pulp then set aside. Drain raisins then add to pulp along with milk, egg yolks, brown sugar, salt and rum, stirring to mix well. Carefully spoon equal amounts of mirliton mixture into shells. Remove egg whites from refrigerator, add cream of tartar then whip until egg mixture forms peaks. Place stuffed mirliton halves in shallow pan and top each with an equal portion of meringue. Sprinkle with almond slivers and bake 12–15 minutes or until meringue is lightly brown. Remove from oven and serve immediately.