

Pistachio Cream

This Baroque dish was a favorite of Louis XIV and was served for the Issue De Table course, which consisted of confectioneries, pastries, and fruit. It would be served with champagne.

Ingredients

2 cups milk

1/2 cup white granulated sugar

4 eggs

90 unshelled **or** 3 oz. shelled, blanched, ground pistachio nuts

hot water

Utensils

measuring cup

mixing bowl

electric mixer

food processor

ramekins **or** custard cups

rectangular baking pan

canning jar rings

knife

wire rack

Preheat the oven to 325°F. Shell the pistachio nuts and blanch them in boiling water in a cookpot on the stove over medium high heat, then grind them fine but not into a paste. Sometimes blanched and ground pistachio nuts can be found in specialty stores. Place the eggs in the mixing bowl along with all the other ingredients. Beat the mixture until it is smooth. Pour the mixture into the ramekins. Do not overfill. Place the canning jar rings an equal distance apart from each other in the baking pan. Place the ramekins on top of the canning jar rings and put the pan in the oven. Pour hot, but not boiling water from the tap into the baking pan so that it comes 1/2 way up the sides of the ramekins. Bake 1 hour or until a knife stuck into the edge of the custard comes out clean. Remove the ramekins from the pan and place them on the wire rack to cool. Serve cold. Pistachio cream can be made in advance of the meal.