

CARNIVORE-STYLE EARL GREY EGG CUSTARD WITH GRATED FROZEN LIME ZEST BUTTER

Ingredients: Custard

- 1 cup heavy cream
- 2 earl grey tea bags (or 2 tsp loose earl grey tea)
- 4 large egg yolks
- pinch of salt (optional)

Ingredients: Lime Zest Butter

- 1/2 cup unsalted butter, softened
 - zest of 1 lime
 - pinch of salt (optional)
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Directions:

1. Prepare the Earl Grey Custard:

- In a small saucepan, heat the heavy cream over medium heat until it's just about to simmer. Remove from heat.
- Add the Earl Grey tea bags or loose tea to the hot cream and let it steep for about 5-7 minutes, depending on how strong you want the flavor. After steeping, remove the tea bags or strain out the loose tea leaves.
- In a separate bowl, whisk the egg yolks. Slowly add the warm, steeped cream to the yolks, whisking constantly to prevent the yolks from curdling.
- Pour the egg yolk and cream mixture back into the saucepan and cook over low heat, stirring constantly. Continue cooking until the mixture thickens enough to coat the back of a spoon (about 5-7 minutes). Be careful not to let it boil, as this can cause the custard to split.
- Once thickened, remove from heat and add a pinch of salt if desired.
- Pour the custard into small dishes or ramekins and let them cool to room temperature. Once cooled, cover and refrigerate for at least 2 hours or until fully set.

2. Prepare the Lime Zest Butter:

- In a small bowl, combine the softened butter with the lime zest and a pinch of salt, if using. Mix until the zest is evenly distributed throughout the butter.
- Transfer the butter mixture to a piece of parchment paper or plastic wrap and shape it into a small log. Wrap it tightly and place it in the freezer for at least an hour, or until it's fully frozen.

3. Serve:

- When ready to serve, take the custard out of the fridge.
- Using a fine grater or microplane, grate the frozen lime zest butter over the top of each custard dish.
- Serve immediately, allowing the grated butter to slightly melt into the custard, adding a bright, zesty finish.

Tips:

- *Make-Ahead:* Both the custard and the lime zest butter can be prepared in advance. Just store the custard in the fridge and keep the butter in the freezer until ready to serve.
- *Customization:* If you prefer a stronger lime flavor, you can add more lime zest to the butter or even infuse a little lime juice into the custard before cooking.