

Miso Milk Custard 味噌ミルクカスタード

Serves 2–3

Ingredients

Miso Milk

- 100 ml whole milk 牛乳
- 25 g unpasteurized kōji miso 生麹味噌

Custard Base

- 40 g salted butter, melted 有塩バター
- 90–100 g kubitō sugar きび糖
- 2 eggs + 1 egg yolk 卵
- 20 g all-purpose flour 薄力粉
- ½ tsp / 2.5 ml vanilla extract



Instructions

1. Prepare miso milk: mix **milk + miso**, rest 12–18 hours at room temperature.
2. Preheat oven to **170°C**.
3. Mix melted **butter + sugar** until smooth.
4. Add **eggs** and **yolk** one at a time, mixing gently.
5. Add **flour**, then **vanilla**, then **miso milk (do not overmix)**.
6. Pour into lightly greased small baking dish (16–18 cm equivalent).
7. Bake **25–30 minutes** until edges set and center slightly jiggles.
8. **Optional:** increase to **190°C** for **3–4 minutes** for caramelized top.
9. Cool to room temperature, then chill slightly before serving.

Nutrition (per serving, 3 servings)

Kcal: 260 | Protein: 6 g | Fat: 15 g | Sat Fat: 9 g | Carbs: 28 g | Sugars: 20 g |
Fiber: 0 g | Sodium: 180 mg | Omega-3: 0 g

Notes / Variations

- **Lower sugar:** use 80–90 g sugar and add 1–2 tsp milk to loosen.
- **Deeper flavor:** increase miso to 30 g.
- **Extra silky texture:** strain batter before baking.
- **Flavor options:** add 1/2 tsp espresso powder or a little citrus zest.
- Serve with yogurt or lightly whipped cream for contrast.
- Best after chilling for several hours or overnight.