

RECIPE
Easy Homemade
Custard



NOURISH
FOOD SCHOOL

RECIPE

Easy Homemade Custard

SERVES
6 servings

LEVEL
Quite easy

TIME
20 minutes

INGREDIENTS

600ml milk (any kind)
½ vanilla essence
4 medium eggs
20g caster sugar
2 teaspoons cornflour

HOW TO MAKE IT

1. Separate the egg yolks and egg white (*save the egg white for another recipe*) then put the egg yolks into a mixing bowl.
2. Add the sugar and cornflour to the bowl and whisk until combined.
3. Gently heat the milk and the vanilla essence in a small saucepan for around 5 minutes until almost boiling - stirring continuously to prevent it burning on the bottom of the pan.
4. Gradually pour the hot milk into the bowl with the egg yolk mixture, a little at a time - making sure to keep whisking as you pour. *If you go too quickly the hot milk could make your eggs scramble!*
5. Once all the ingredients are whisked together, transfer the custard back into the saucepan and gently heat for 10 minutes or until thickened to your liking.

***Pour your homemade custard over your favourite dessert and enjoy!
(we recommend our Apple Crumble Cake!)***