

Homemade Custard

Equipment:

Small saucepan

Wooden spoon

Measuring jug

Measuring cups and spoons

2 small white bowls

Medium mixing bowl

Whisk

Serving jugs

Ingredients:

300ml milk

300ml thickened cream

1 teaspoon vanilla bean paste

5 egg yolks

1 tablespoon corn flour

¼ cup caster sugar

What to do:

1. Combine milk and cream in the small saucepan. Add vanilla paste to the liquid. Cook on a medium heat, stirring gently but constantly for about 5 minutes, or until hot. Do not allow the mixture to boil. Remove the saucepan from the heat.
2. Separate the yolks from the whites, and add the yolks to the mixing bowl. Place whites into a small labelled snap lock bag and freeze.
3. Add corn flour and sugar to the egg yolks and whisk until well combined.
4. Pour hot milk mixture over the egg yolk mixture and whisk until free of lumps.
5. Return the mixture to the saucepan. Cook, stirring constantly, for about 15 minutes until the custard thickens. No not allow the custard to boil. Pour into a jug for serving.