

Basic Custard



Equipment

- Wooden spoon
- Mixing bowl
- Spoon measures
- Saucepan
- whisk

Ingredients

- 1 cup milk
- 1 cup thickened cream
- 1 tsp vanilla essence
- 4 egg yolks
- 1 tbsp Gluten Free Cornflour
- 1/3 cup caster sugar

Directions

1. Combine milk, vanilla and cream in a small saucepan. Place over medium heat. Cook, stirring constantly, for 5 minutes or until hot (do not allow to boil). Remove saucepan from heat.
2. Whisk egg yolks, cornflour and sugar in a heatproof bowl until well combined. Pour hot milk mixture over egg yolk mixture, whisking constantly.
3. Return mixture to saucepan over low heat. Cook, stirring constantly, for 15 to 20 minutes or until custard thickens and coats the back of a metal spoon (do not allow custard to boil, as it might curdle).
4. Serve custard warm or cold over stewed fruit, pancakes or crumbles.