

Custard

A classic pouring custard recipe, made with just egg as a thickener – not cornflour. Also known as Creme Anglaise. Makes around 2.5 cups.

Serves 10 adults or 30+

tastes

Prep: 5min

Cook: 15min

Recipe adapted from

Recipe Tin Eats



Ingredients

- 2 tsp vanilla bean paste or extract
- 500 ml heavy / thickened cream
- 1/2 cup / 130 ml milk (whole or reduced fat, not zero fat)
- 6 egg yolks
- 1/2 cup / 100g white sugar, preferably caster / superfine

Equipment

Saucepan
Wooden spoon
Measuring spoons
Measuring cups

Instructions

1. Place cream, milk and vanilla into a small saucepan over medium heat. When it just comes to simmer, remove and cool for 5 minutes.
2. Meanwhile, place yolks and sugar in a bowl. Whisk for 2 minutes until it becomes a bit pale.
3. While whisking, SLOWLY pour milk into the eggs. Then pour it back into the saucepan. You do not want the egg yolk to
4. Return to low heat. Whisk regularly for first 3 minutes, then pretty much constantly for the next 5 minutes.
5. Cook until the custard has thickened and coats the back of a spoon. It should be thick but pourable.

