



Custard

Custard can be used warm as a sauce for pies and puddings, chilled to make a simple dessert to serve with fruit, used as a layer in a classic trifle, or flavoured with alcohol, chocolate, lemon or orange.

Ingredients

1 ½ cup of whole milk

3 egg yolks

2 tbsp of organic cane sugar

2 tsp Fieldstone Organics Corn – milled flour

1/2 tsp vanilla extract

Method:

Pour the milk into a saucepan and heat until it is just bubbling around the edges. Don't let it come to a complete boil.

While the milk is heating, whisk the yolks, cornflour and sugar in a bowl until thoroughly mixed.

Slowly pour the hot milk in a thin stream into the egg mixture, whisking all the time.

Return the mixture to the saucepan and place back on the heat. Whisk to keep the mixture moving until it comes back to the boil and thickens to taste. It only takes a few minutes. Take off the heat and mix in the vanilla.

If using immediately pour the custard into a serving dish or jug. If using cold, pour into a bowl and cover with a circle of baking paper to prevent a skin from forming.

