

# Custard



## Recipe By FoodieBook

**Ref:** 445

**Heading:** Puddings

**Cuisine:** British & Irish

**Food Type:** Vegetarian

**No of Portions:** 4

## Ingredients & Prep

300 ml whole milk  
50 ml double cream  
3 egg yolk  
25 g caster sugar  
1 vanilla pod

## Method

**Step 1** - Pour milk & cream into a saucepan, on a chopping board cut vanilla in half lengthways & scrape inside out both sides with a knife & add to the creamy milk, chop the remaining pod into 2 cm sticks & add them as well, place on a low heat & bring to a simmer stirring constantly, then turn off the heat & allow to cool for 10 mins then sieve bits out into a jug.

**Step 2** - In a glass or heat proof bowl add yolk & sugar & whisk together, then slowly pour the creamy milk into the yolk/sugar mixture whisking until all the milk is used up.

**Step 3** - Place a saucepan of boiling water on med heat. Place the bowl of custard on top of the pan (first make sure your bowl fits over the pan rather than in it), now start whisking the custard until its the right consistency, if gets too thick add a little milk to loosen.

## Suggestion & Tips

This is the best way to stop lumps & scrambling.