

FRESH CUSTARD

INGREDIENTS

200ml double cream
700ml whole milk
4 large egg yolks
3 tbsp cornflour
80 - 100g caster sugar
1 tsp vanilla extract

METHOD

STEP 1: Put the cream and milk into a large pan and gently bring to just below boiling point. Meanwhile, in a large bowl, whisk the yolks, cornflour, sugar and vanilla. Gradually pour the hot milk mixture onto the sugar mixture, whisking constantly.

STEP 2: Wipe out the saucepan and pour the mixture back into it. Heat gently, stirring with a wooden spoon (see Steps 1 and 2, for stirring tips) until the custard is thickened, but before any lumps form. Eat hot or cold.

THE COOKERY

by The Secret Jozi Chef

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