

FRESH CUSTARD

CREAMY & DREAMY

INGREDIENTS

200ml double cream
700ml whole milk
4 large egg yolks
3 tbsp cornflour
50g caster sugar
1 tsp vanilla extract

METHOD

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.
2. Wipe out the saucepan and pour the mixture back into it. Heat gently, stirring with a wooden spoon until the custard is thickened, work quickly to ensure that no lumps form. Eat hot or cold.

THE
COOKERY

by The Secret Jozi Chef