

Cornflour Custard

Written by Greg

Monday, 19 December 2016 12:25 - Last Updated Monday, 19 December 2016 12:33

CORNFLOUR CUSTARD

INGREDIENTS -

2 ½ cups milk.

1 egg.

1 tablespoon sugar,

Essence.

2 teaspoons cornflour.

METHOD -

1.

Blend cornflour with a little of milk.

2.

Heat remainder of milk, pour into cornflour gradually.

Cornflour Custard

Written by Greg

Monday, 19 December 2016 12:25 - Last Updated Monday, 19 December 2016 12:33

3.

Return mixture to saucepan, stir over heat until boiling. Boil for 3 minutes.

4.

Beat eggs and sugar well. Gradually add hot milk and cornflour, beat well.

5.

If custard does not thicken, return mixture to saucepan, stir over low heat until custard thickens. Do not boil.

6.

Add essence and allow to cool.

7.

Serve in a jug or dish with a little sprinkling of nutmeg.

From "The Golden Wattle Cookery Book" 28th edition (1989) Page 104