

Air Fried Custard Bites



Medium

6 people

★★★★★
5 Rating

Custard is one of the world’s greatest sweet creations, bringing together eggs, sugar, cinnamon and a hint of lemon. But what could possibly be better than classic custard? Crispy, golden air-fried custard bites, cooked to perfection and finished with cinnamon sugar. Made for sharing... or not!

- Desserts
- Entertaining
- Vegetarian
- Kid Friendly



Published 4 September 2026

Ingredients

Number of servings

-

6

+

The original recipe is for 6 servings.
Adjusting the number of serves may require changes to cooking times and ingredient proportions.

- ☐ 1200 ml milk
- ☐ 2 cinnamon sticks
- ☐ 2 strips lemon rind
- ☐ 4 eggs

- ☐ 2 egg yolks
- ☐ 215 g caster sugar
- ☐ 140 g cornflour
- ☐ 2 tsp vanilla extract
- ☐ 120 g plain flour

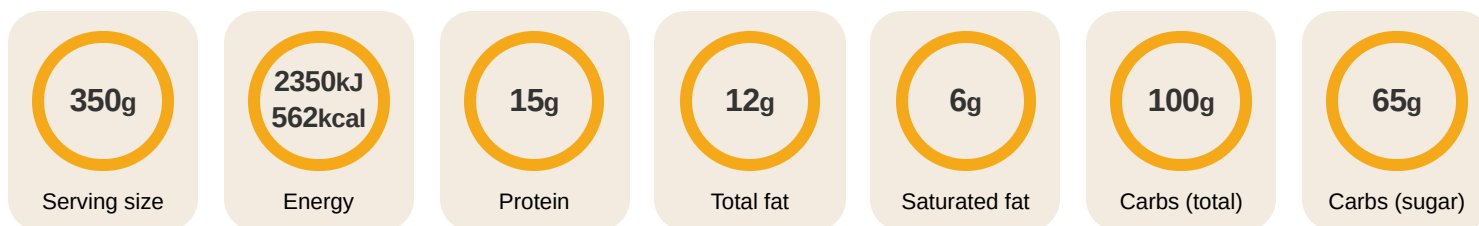
Cinnamon Sugar

- ☐ 100 g caster sugar
- ☐ 0.5 tsp cinnamon

Method

1. Grease and line a 20cm x 30cm baking tin with baking paper.
2. Place milk, cinnamon and lemon rind in a medium-sized saucepan and bring to a simmer over medium heat.
3. Whisk eggs, egg yolks, caster sugar, cornflour and vanilla in a large bowl until well combined.
4. Strain the warm milk mixture over the egg mixture and whisk until combined. Discard the cinnamon sticks and lemon rind.
5. Return the mixture to a clean medium-sized saucepan. Cook, stirring constantly, over medium-low heat for 5 minutes or until the mixture bubbles and thickens. It is important to stir constantly; otherwise, the mixture will begin to clump.
6. Pour the thickened mixture into the prepared baking tin and smooth the top. Cool completely, then place in the fridge for 3 hours or until firm.
7. Turn the set mixture out onto a chopping board. Cut into 3.5cm squares. Coat each square in flour, shaking off any excess.
8. Spray the basket of an air fryer with oil. Add some custard squares to the fryer and spray with oil. Cook at 200°C for 10 minutes or until golden. Repeat with the remaining custard squares.
9. While the custard squares cook, prepare the cinnamon sugar by mixing the sugar and cinnamon together.
10. Sprinkle the custard squares with cinnamon sugar and serve.

Nutrition Per Serve



135mg

Sodium

1g

Fibre

4.1µg

Vitamin D