

Baked Custard



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 22 October 2020

Categories: Desserts



Ingredients

1½ cup milk

1½ cup thickened cream

1 tsp vanilla bean paste

3 whole eggs and 1 yolk

⅓ cup caster sugar + extra 2 tbsp

Cinnamon powder, for dusting

½ lemon, juiced and zested

1 punnet of blackberries or blackberry jam, to serve

Method

- 1. Preheat the oven to 150C fan forced.
- 2. Place milk, cream and vanilla into a pot and heat until just about to boil. Remove and infuse for 10 minutes.
- 3. In a large bowl whisk together the eggs and sugar until just combined. Don't over whisk so it's too foamy as it will affect the presentation of the custard crust once it bakes.
- 4. Whisk in the milk and cream mixture into the eggs.
- 5. Pour the custard mixture into a 1L capacity baking dish of your choice and sprinkle over cinnamon. Carefully transfer to another baking dish to form a bain marie. Transfer to the oven and then fill the exterior tray half way up with water. It's much easier to do at the oven to avoid spills.
- 6. Bake for 35-40 minutes or until the custard is just set with a slight giggle in the centre.
- 7. Serve warm with a dollop of jam or combine the fresh blackberries with sugar and lemon zest and juice and macerate for 5 minutes before serving with the custard.

Notes

As seen on Everyday Gourmet with Justine Schofield.



Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
254g	2330kJ 557kcal	10g	42g	25.7g	34.5g	34.5g	112mg	0.3g

All nutrition values are per serve.