

Vanilla Custard Two Ways



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Vanilla Custard with Eggs

Traffic light category: Amber

Serves: 12 (125mL per serve)

Vanilla Custard with Custard Powder

Traffic light category: Amber

Serves: 10 (125mL per serve)

Ingredients

Vanilla Custard with Eggs

- 4 medium eggs
- 4 tablespoons cornflour
- 6 cups reduced fat milk
- 4 tablespoons caster sugar
- 2 teaspoon vanilla essence

Vanilla Custard with Custard Powder

- ½ cup store bought custard powder
- 5 cups reduced fat milk
- 4 tablespoons caster sugar

Directions

Vanilla Custard with Eggs:

1. Whisk eggs, cornflour and milk together in a saucepan until smooth
2. Continue whisking on stove top on low heat until custard becomes thick and creamy
3. Remove from heat and stir in sugar and vanilla.

Vanilla Custard with Custard Powder:

1. Combine custard powder and ¼ cup of the milk in a small jug, stir until smooth
2. Place custard mixture, sugar and remaining milk in a small saucepan over medium heat
3. Stir constantly until custard comes to the boil and thickens
4. Simmer, stirring for one minute.

Variation: Add 2 tablespoons of cocoa powder at step one for chocolate custard.

Serving suggestions:

- Place custard in clear cups, top with seasonal fruit and a sprinkle of toasted coconut or granola (see the Granola crumble recipe on the Foodcore website)
- Add stewed apple or apple and rhubarb.

