



**KITCHEN MADE**

Providing Relief and Nutrition in the kitchen

## English Custard

### Ingredients:

1  $\frac{1}{4}$  cup Milk  
 $\frac{1}{4}$  tsp. Vanilla extract  
3 Egg yolks  
2 tsp. Cornstarch  
2 tbsp. Sugar

### Method:

Heat the milk in a saucepan to a simmer. In a medium bowl whisk the egg yolks, cornstarch, sugar and vanilla together. Add the hot milk to the egg yolk mixture, slowly at first to temper the eggs. Pour this mixture into the saucepan and return it to medium heat. Stir constantly with a heat resistant rubber spatula, do not boil or the egg yolk will scramble. If this happens use a hand immerser to smooth out the pieces. Serve warm. Will keep refrigerated for 1 week.