



CUSTARD

⚡ 5 min. ⌚ 10 min. 🌱 easy 🍴 6 portions

INGREDIENTS

1 lemon, zest only, no white pith
60-100 g sugar, to taste
30 g cornflour
2 eggs
500 g milk

Preparation

1. Place lemon zest and sugar into mixing bowl and mill **20 sec/speed 9**. Scrape down sides of mixing bowl with spatula.
2. Add cornflour, eggs and milk and cook **7 min/90°C/speed 4** or to your desired consistency (see Variations).
3. Serve warm or set aside to cool before serving.

TIPS

- Serve custard on its own, with baked desserts or with fresh or poached fruit.
- This recipe can be doubled for a larger quantity - you'll need to increase cooking time to 10 minutes in step 2.
- To ensure this recipe is gluten free, always check the label of your cornflour as not all brands are gluten free.

VARIATIONS

- **Thicker dessert custard:** increase cornflour to 50 g and eggs to 4. Proceed as per recipe. Thicker custard can be used to fill profiteroles or as a filling in other desserts.
- **Chocolate custard:** omit lemon zest. Add 20 g cocoa powder and proceed as per recipe.
- **Vanilla custard:** omit lemon zest. Add 1 tsp natural vanilla extract and proceed as per recipe.
- **Crème pâtissière:** replace the cornflour with 50 g plain flour and proceed as per recipe.
- **Lactose free custard:** replace milk with soy milk and proceed as per recipe.