



FRENCH CUSTARD

INGREDIENTS

- Used in each recipe demonstration
- 2 eggs (whole or just egg yolks depending on the recipe below)
- 50 g (1.76 oz) white sugar
- 250 ml (8.8 fl oz) whole milk (full cream milk)
- Half a vanilla bean (seed scraped in the milk)
- 12.5 g (0.44 oz) corn starch (for pastry cream only)
- 12.5 g (0.44 oz) flour (for pastry cream only)

PROCEDURE

Baked custard for puddings and tarts

1. Pre-heat your oven (fan forced) to 160C (320F).
 2. Bring the milk and vanilla pod and beans to a simmer.
- Whisk the whole eggs and sugar until the sugar is dissolved.
 - To avoid curdling the eggs, add the hot milk through a sieve bit by bit over the eggs and sugar mixture. Whisk each portion into the eggs before adding the next. When all the milk has been poured in, remove and discard the white foam from the mix.
 - Pour the mix into a ramekin, place it into a small roasting pan and pour boiling water into the pan to a level halfway up the ramekin. Place in the oven for about 30 minutes to set the custard.

PROCEDURE

Vanilla Custard Sauce

- Bring the milk and vanilla to a simmer.
- Whisk in the egg yolks only and the sugar until the sugar is dissolved.
- To avoid curdling the eggs, add the hot milk through a sieve bit by bit over the eggs and sugar mixture. Whisk each portion into the eggs before adding the next. When all the milk has been poured in, remove and discard the white foam from the mix.
- Return the mixture back into the saucepan over medium heat. While constantly stirring with a wooden spoon, bring the mixture to a temperature of 82C (180F). When the custard is ready it will coat the sides of the pan.
- Pour the custard through a sieve into a container and place into a fridge for at least 4 hours and up to 12 hours to allow the flavors to infuse. Do not exceed 12 hours.

Pastry Cream

- Bring the milk and vanilla to a simmer.
- Whisk in the egg yolks only and the sugar until the sugar is dissolved, and then whisk in the flour and corn starch until it becomes a thick paste.
- Cool the sieved milk a little, and to avoid lumps being formed, pour it bit by bit into the mixture, whisking all the time.
- Return the mixture to the pan over medium heat and whisk continually until the custard is boiling. Reduce the heat to low and whisk for a further minute. When ready, transfer the pastry cream to a bowl.