

Food skills

Custard

There are two ways of making custard, one with eggs and one without.

The eggless custard dessert is made using milk and custard powder which is cornflour with flavouring added. This thickens to a custard-like sauce when heated. Depending on the recipe, custard can be runny or thick.

Did you know

Traditionally custard is made using milk or cream cooked with egg yolks to thicken.

Egg custard is commonly used in desserts (cakes, pastries, pies or puddings) and sauces, however savoury custards form the fillings of quiches and flans.

How to



1 In a pot, add 2 cups of milk.



2 Add 2 teaspoons sugar.



3 Add 3 tablespoons custard powder.



4 Mix well until there are no lumps.



5 Heat gradually over a low to medium heat, stirring constantly.



6 Stir the custard until it has boiled and thickened.



7 Cooked custard is thick, shiny and smooth.



Stewed fruit crumble

(serves 4)

Ingredients

Stewed fruit

4 apples, peeled, cored and diced

4 stalks rhubarb, sliced

2 tablespoons water

Crumble

½ cup rolled oats

½ cup cornflakes

½ cup wholemeal flour

1 tablespoon brown sugar

1 egg

2 tablespoons oil

Method



Place the apple, rhubarb and water into a pot with a lid. Cook over a medium heat.



Stir occasionally for about 10 minutes or until the apple and rhubarb are soft. Remove from heat.



Preheat the oven to 175°C. Place 3 cups of stewed fruit into the bottom of an oven proof dish.



Mix the crumble ingredients and sprinkle over the stewed fruit. Bake for 20 minutes or until bubbling and brown. Serve with custard.

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