

Classic American Custard

Serves 4

- 3 eggs, slightly beaten
- 65 g sugar
- 625 ml milk, scalded* (or use soy milk, not scalded)
- 1 tsp vanilla
- Dash salt
- Dash nutmeg



1. Heat oven to **160°C**¹
2. Place four ramekins in large baking pan
3. In a medium bowl whisk together **milk**², **eggs**, **salt**, **sugar**, and **vanilla**
4. Divide custard mixture evenly among ramekins (*there will be a little left over*)
5. Fill the bain marie with hot water to a depth almost even to the top of the cups.
6. Sprinkle with nutmeg
7. Bake in preheated oven for **40-55 (about 45 is best) minutes**, or until custard is set. A knife inserted in the center should come out clean and the custard should still have a slight jiggle in the center.

¹ *Using a bamboo steamer also works very well: Steam about 30 minutes, until set. Wrap the steamer lid in a clean tea towel to avoid condensation drops falling onto the custards.*

² *Scalding the milk makes for a smoother texture. Slowly add just 1 C of the hot milk to the eggs to temper the mixture and prevent the eggs from cooking. Richer and creamier taste than tonyu.*