

How to - Dairy-Free Custard

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Prep time: 2 mins Cook time: 10 mins Total time: 12 mins

Serves: 1 cup

Ingredients

- 1 cup dairy free milk - oat or rice is best for that more traditional custard flavour
- 2 organic free-range egg yolks
- 40 grams icing sugar
- 10 grams cornstarch/cornflour
- ¼ tsp salt
- ¼ tsp vanilla bean paste or extract

Instructions

1. Prep first: Measure out your ingredients. Put the milk in a saucepan, and everything else in a medium sized bowl.
2. Heat the milk until simmering.
3. While it heats, whisk your other ingredients until fully combined in a smooth paste. Gently at first or the icing sugar will go everywhere! The mixture will stiffen initially, then smooth out.
4. Once the milk is simmering remove it from the heat.
5. Gently pour some of it (a ¼ cup or so) into the custard base in the other bowl, while whisking the latter.
6. Continue to pour the milk in gently until the custard base is very fluid, scraping down the side of the bowl as you go.
7. Pour this mixture back into the pot, whisking into the leftover milk. Return the pot to the stove on medium heat.
8. Heat the mixture, while whisking fair constantly, until it thickens and turns to custard.
9. When it does start to thicken, increase the pace on the whisk to avoid any lumps.
10. The custard is done (thickened as much as it's going to) as soon as it starts bubbling.
11. Remove from the heat immediately and pour into another container or bowl (whatever your serving or storing it in) to stop the cooking process.

Notes

The better your eggs, the nicer the colour of the custard. If you get cheap eggs with pale yolks, expect a very pale custard.

Recipe by Cast Iron Cookie at <http://www.castironcookie.com/dairy-free-custard/>