



Steamed Egg Custard

NIBBLEDISH CONTRIBUTOR

Ingredients

A. The Crust: 1) 2 1/2 cups (10oz) plain/all purpose flour 2) 1/2 cup (2oz) cornflour/cornstarch 3) 3/4 cup (6oz) butter 4) 2 teaspoons caster/superfine sugar 5) 1 egg yolk 6) 1/2 glass of plain water to help mix B. The Filling: 1) 225g eggs 2) 690ml fresh milk/UHT milk (Fresh milk)* 3) 460ml sugar

Instructions

A. The Crust: 1) In a large mixing bowl sift together the flour and cornflour. 2) Rub the butter into the flour and cornflour mixture. 3) Add the superfine/caster sugar. 4) Mix to a dough with the egg yolk (add water if necessary). 5) Knead the dough very lightly on a floured surface. 6) Take a small piece of dough, the size of a Custard mould. Cut out with a cookie cutter. B. The Filling: 1) Put the milk, pandan leave and sugar into a heavy-bottomed saucepan. 2) Heat very gently, stirring to dissolve the sugar. 3) Do not allow the mixture to boil. 4) Beat the eggs with a hand whisk. 5) Pour the hot milk onto them and mix together lightly. 6) Cook, stirring all the time over a pan of simmering water. 7) When the custard coats the back of a wooden spoon it is ready. 8) Pour into custard cups and steam over low heat till cooked. 6) Leave to cool, then chill in the fridge and serve. Remarks: Before preparing the custard, make sure the filling ingredients are at room temperature. This helps prevent the filling from separating. *Milk, Cream or ? Feel free to experiment, depending on how rich you want the custard to be. One final tip: Yellow food coloring will give the custard that lemony look found in restaurant dishes.