



REAL INGREDIENT CUSTARD (TM6, TM5, TM31)

⚡ 5 min. ⌚ 10 min. 🌱 easy ➡ 700 g

INGREDIENTS

1 lemon, zest only, no white pith
60-100 g sugar, to taste
30 g cornflour
2 eggs
500 g full cream milk

USEFUL ITEMS

sealable container

THERMOMIX PARTS

measuring cup, spatula

KITCHEN EQUIPMENTS

refrigerator

Preparation

1. Place lemon zest (optional), sugar and cornflour into mixing bowl and mill **10 sec/speed 9**. Scrape down sides of mixing bowl with spatula.
2. Add eggs and milk and cook **7 min/90°C/speed 4**.
3. Serve warm, or allow to cool, then transfer into a sealable container and store in the refrigerator until ready to serve.

TIPS

- Custard can be served warm or cold on its own or with baked desserts or fresh or poached fruit. If you are serving custard cold, transfer into a bowl, cover with plastic wrap and place into refrigerator until ready to use.
- Thicker dessert custard can be used to fill profiteroles or as a filling in other desserts.
- This recipe can be doubled for a larger quantity. Increase cooking time to 10 minutes in step 2.
- To ensure this recipe is gluten free, always read the label of your cornflour as some may contain traces of wheat or gluten.

VARIATION

- **Thicker dessert custard:** increase cornflour to 50 g and eggs to 4. Proceed as per recipe.
- **Pouring custard:** reduce cornflour to 10 g and proceed as per recipe.
- **Chocolate custard:** omit lemon zest. Add 20 g cocoa powder and proceed as per recipe.
- **Vanilla custard:** omit lemon zest. Add 1 teaspoon natural vanilla extract and proceed as per recipe.
- **Crème pâtissière:** replace 30 g cornflour with 50 g plain flour and proceed as per recipe.
- **Lactose free custard:** replace milk with soy milk and proceed as per recipe.