

# Custard Makes 1 cup

## Ingredients

1½ T	Custard powder
1 T	Sugar
1 cup	Milk
½ t	Vanilla essence

## Method

In a saucepan, off the heat, stir ¼ cup of the milk slowly into the custard powder and sugar mixture so that there are no lumps.

Add remaining milk and stir well.

Heat until boiling and then simmer for 2-3 minutes or until thickened. **Stir constantly.**

Add vanilla essence stir well.



## Microwave option

In a large microwave-safe jug or bowl mix ¼ cup of the milk with custard powder and sugar. Stir remaining milk into custard mixture. Cook on high power for 1 ½ minutes. Stir well and cook for another 30 seconds or until thickened. Stir in vanilla essence.

**Serve immediately or cool quickly by standing the saucepan/jug in cold water.**

**Tip:** Press plastic food wrap or waxed paper on the custard when cooling to prevent skin forming on the surface. If a thicker custard is wanted add 2 T of custard powder: 1 c milk.

## Variations

### Banana Custard

Increase custard powder to 1 ½ T. Cool custard slightly, and then pour over 1 large or 2 small sliced bananas.

### Almond Custard

Add ½ to 1 t almond essence to cooked custard.

### Chocolate Custard

Mix 1 T cocoa with custard powder and increase the sugar to 1 T

### Trifle (Picture Source: <https://fthmb.tqn.com>)

Cut a 20 cm square sponge cake into cubes. Spread each piece with raspberry jam. Break up the sponge cubes into small pieces and place at the bottom of glass bowl. Sprinkle with 1½ cups of fresh berries or 1½ cups of tinned chopped peaches. Pour over the cooled custard. Spread with 1 cup of whipped thickened cream. Sprinkle with grated chocolate and fresh berries.

