

Custard

Custard lumpy - no problem.

The traditional **English**¹ accompaniment to pies and puddings.

Ingredients

30 ml custard powder for runny custard
a bit more if you like it thick

1 pint milk

2 desert spoons **FAIRTRADE** demerara sugar

To serve

Eat whilst still hot.

Method

Pour 3/4 pint of semi-skimmed milk into a thick bottomed saucepan and place over a medium heat, stir from time to time, and continuously as it comes to the boil.

Measure 30ml / 2 tbsp (flat measure, this needs to be accurate for runny custard) custard powder into a mixing bowl or measuring jug. Add the sugar and a little of the remaining milk.

Mix the milk into the sugar and powder.

Add a little more milk and mix again.

Add a little more milk and so on until you have 1/4 pint of a smooth yellow liquid.

When the milk boils take it off the heat immediately and gradually pour about 1/4 pint into the custard mixture stirring as you do so. Stir it round to mix evenly.

Now pour this back into the milk pan, stirring as you go.

Put the pan back on the heat, low heat, and stir until the custard bubbles. When it does, take it off the heat, the custard is ready.

Allow it to cool a little before pouring over your pud².

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²http://www.fairtradecookbook.org.uk/recipes/bananas_and_custard.htm