



Bonus Recipes

Old Fashioned Baked Custard

Ingredients

If you're using chicken eggs:

- 4 eggs
- 4 cups whole milk
- 1/3 cup sugar
- 1 teaspoon vanilla
- Pinch of salt
- Nutmeg if you've got it



If you're using duck eggs:

- Use 3 duck eggs instead of 4 chicken eggs
(Duck eggs are bigger and richer. They make the custard extra silky.)

Method

1. Preheat your oven to 325°.
2. Warm the milk and vanilla in a saucepan until it's just starting to steam. Remove from heat.
3. In a bowl, whisk eggs, sugar and salt.
4. Put the milk mixture in the saucepan back on low heat.
5. Slowly pour in the egg mixture while whisking constantly. Go slow so the eggs don't scramble. Whisk until the custard thickens and can coat the back of a spoon, about 5 to 10 minutes.
6. Pour into 6 ramekins or an 8x8 baking dish.
7. Sprinkle a little nutmeg on top if you like.
8. Set the ramekins or baking dish into a larger pan and pour hot water around them — about halfway up the sides. (That water bath keeps it smooth and creamy.)
9. Bake 35–45 minutes for ramekins, up to 1 hour for the baking dish.

You'll know it's done when the edges are set but the center still jiggles just a bit. Let it cool. It firms up as it rests.

Serve with berries, caramel sauce or maple syrup!

