

Baked custard with peaches

Poached fruit goes just as beautifully with these custards as fresh fruit. Try with the poached strawberries and rhubarb from the breakfast pancake recipe (see page 125).

SERVES 4

PREP TIME 10 MINUTES

COOKING TIME 35 MINUTES, PLUS 30 MINUTES CHILLING

2 teaspoons cornflour
800 ml skim milk
1 teaspoon finely grated orange zest
2 large eggs
2 large egg whites
1 tablespoon honey
1 teaspoon vanilla bean paste
grated nutmeg, to sprinkle
2 white peaches
2 yellow peaches

1. Preheat the oven to 170°C (150°C fan-forced). Place four 1 cup (250 ml) ovenproof bowls or ramekins in a large roasting pan on top of a folded tea towel.
2. Place the cornflour and 1 tablespoon of the milk in a small heavy-based saucepan and whisk until combined. Whisk in the remaining milk and orange zest. Stir over medium heat and bring just to the boil. Whisk the eggs, egg whites, honey and vanilla bean paste together in a large heatproof bowl. Gently and constantly whisking, add the hot milk mixture in a slow, steady stream (so you don't introduce frothy bubbles), whisking until combined.
3. Fill the kettle with water and boil. Divide the custard mixture evenly among the bowls or ramekins in the roasting pan. Scoop off any froth with a spoon and sprinkle with the grated nutmeg. Place the pan on the oven rack and pour in enough boiling water from the kettle to come three-quarters of the way up the side of the ramekins.
4. Bake for 25–30 minutes or until the custards just wobble slightly in the centre. Remove and set aside in the pan for 10 minutes. Transfer the bowls or ramekins to a wire rack and leave to cool to room temperature, about 30 minutes, or refrigerate to chill before serving.
5. Cut the peaches into thin wedges and remove the pits. Share the white and yellow peach wedges between 4 plates, and place the ramekins of custard next to them for serving.

NUTRITIONAL ANALYSIS

TO SERVE 4 (PER SERVE)

ENERGY (KJ) 904

PROTEIN (G) 14

CARBOHYDRATE (G) 32

SATURATED FAT (G) 1.1

SODIUM (MG) 162

FIBRE (G) 4