Baked vanilla custard

Milk, cream, eggs and a whole vanilla pod. A gentle water bath does the work; chilling brings the texture together.



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YIELD	PREP / HEAT	ALLOW TOTAL
4 small ramekins	20 min / 35-45 min	About 5 h 25 min

INGREDIENTS / 1x BATCH

- ☐ **300 ml** whole milk
- ☐ **200 ml** double cream (about 35% fat)
- ☐ **80 g** egg yolks (about 4-5 yolks; weigh without shells)
- ☐ **60 g** caster sugar
- ☐ **1** whole vanilla pod

Equipment
4 ovenproof ramekins (about 150 ml each), roasting tin, sieve, jug and oven.

Allergens
Milk, eggs.

Rest / chill
20 min infusion + at least 4 h chilling

METHOD

01. Infuse the dairy. Split the vanilla pod and scrape out the seeds. Put seeds and pod into a saucepan with the milk and cream. Heat until steaming, without boiling. Remove from the heat, cover and infuse for 20 minutes.

02. Prepare the oven. Heat a conventional oven to 150°C (130°C fan). Stand the ramekins in a deep roasting tin. Heat a kettle of water for the water bath.

03. Combine gently. Whisk the yolks and sugar just until mixed, without creating a thick foam. Remove the pod. Slowly pour the warm vanilla dairy into the yolks while stirring continuously. Strain into a jug.

04. Bake in a water bath. Divide between the ramekins. Pour hot water into the roasting tin to reach halfway up their sides. Bake for 35-45 minutes, until the edges are set and the centre has a small, gentle wobble; the mixture should no longer look liquid.

05. Cool, then chill. Carefully lift the ramekins out of the water. Let them cool briefly, then refrigerate promptly and within 2 hours of cooking. Cover once cool. Chill for at least 4 hours before serving; keep refrigerated until serving.

A useful detail. Gentle heat is the whole technique. A vigorously bubbling water bath or an overlong bake makes an eggy, grainy custard.

VANILLA FOR THIS RECIPE?

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