

Custard / Natillas

The history of custard is very old. An ancient Roman started to cook custard when he knew the properties of eggs. Then, he and other people started making food made up with eggs and other ingredients. These dishes were either savoury or sweet. In ancient times and now, people eat custard with cinnamon, nuts, honey...



Ingredients

- 3/4 Cup of powder milk
- 1 1/4 Cups of milk
- 1 Pinch of salt
- 1 Piece of lime rind -- (2 inches)
- 3 egg yolks
- 2 Tablespoons of cornstarch
- 1/2 Cup of sugar
- 1/2 Teaspoon of vanilla extract

Preparation method

1. Mix the powder milk, fresh milk, salt, and lime rind in a saucepan; bring just to a boil and set aside to cool.
2. In a bowl, beat the egg yolks with lime rind.
3. In a separate bowl, mix the cornstarch with enough cool milk to make a light paste. Slowly add the rest of the milk and the egg yolks, stirring constantly.
4. Strain this mixture into another saucepan. Stir in the sugar and cook over low heat, constantly stirring, until the mixture thickens. Stir in the vanilla and set the custard aside to cool.
5. Spoon it into a serving bowl and refrigerate it until chilled.

-You can decorate custard with a round biscuit or with powder cinnamon-

Glossary

Pinch: Pellizco **Tablespoons:** Cucharadas soperas **Teaspoon:** Cucharadita
Saucepan: Cacerola **Cornstarch:** Harina de maíz **Slowly:** Lentamente
Stir: Remueve **Thickens:** Espese

