

Microwave Egg Custard

A traditional pudding which uses store cupboard staples. Save time by making it in a microwave. Serve with some fresh berries or fruit compote.



Egg and milk*

Nutritional information per portion (125g):

Energy 550kJ 131kcal 7%	Fat 5.4g 8%	Saturates 2g 10%	Sugars 14g 16%	Salt 0.22g 4%
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of an adult's reference intake.
Typical values per 100g: energy 440kJ/105kcal.

Equipment

Microwave-safe measuring jug
Medium bowl
Measuring spoons
Fork or small whisk
Sieve
Microwave-safe round dish (approx. 20cm)
Grater
Table knife

Ingredients

Serves 4
300ml semi-skimmed milk
3 medium eggs
½ x 5ml spoon vanilla essence
2 x 15ml spoons caster sugar
¼ x 5ml spoon freshly grated OR ground nutmeg

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Our method is based on an 800W microwave. The cooking time may need to be adjusted according to your microwave's settings.
- Stir the mixture continuously when adding the hot milk to the eggs. If you don't the eggs will start to cook and the custard may go lumpy.
- Be careful not to overcook the egg custard. It should still be slightly soft in the centre and will carry on cooking for a few minutes after removing from the microwave.

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Method

1. Measure the milk into the jug and microwave on full power for 2 minutes 30 seconds. All timings in this recipe are based on using an 800W microwave.
2. Break the eggs into the bowl and add the vanilla and sugar. Whisk with a fork or whisk.
3. Add the milk to the eggs, whisking continually.
4. Strain the mixture through a sieve into the microwave-safe dish.
5. Put into the microwave and cook on full power for 1 minute 30 seconds.
6. Remove the dish and stir well.
7. Put back into the microwave and cook on full power for another 1 minute 30 seconds then remove and stir again. Leave to stand for 2 minutes.
8. Sprinkle with the grated nutmeg and put back into the microwave.
9. Heat on full power for 1 minute. Leave to stand for 3–4 minutes. Check to see if the custard is set by inserting a knife into the centre. If it is still very liquid return to the microwave and heat on full power for another minute. Repeat again if necessary, but leave to stand after each minute to allow the custard to set.

Something to try next time

- Use dark brown muscovado sugar instead of caster sugar to give a caramelised flavour to the egg custard.
- Add a little grated orange zest to the milk at step 1.
- If you would rather cook the egg custard in the oven, sprinkle with nutmeg at step 4. Bake in a preheated oven at 170°C/150°C fan or gas mark 3 for 35–40 minutes or until just setting. The custard will continue to set as it cools.

Skills used include:

Measuring, whisking and microwaving.