



Baked Egg Custard

Serves 4

Ingredients

1 pint of fortified milk
3 eggs
1oz sugar
Grated nutmeg (optional)



Method

Heat the milk until almost boiling.

Beat the eggs and sugar together and pour the hot milk slowly over them, stirring well.

Pour into a greased 1 ½ pint baking dish and sprinkle nutmeg on the top.

Stand the dish in a shallow pan of hot water and bake at 325°F (170°C, Reg 3) until set (30-40 minutes).

The finely grated rind of an orange can be added to the custard mixture if liked.

