



The Oesophageal  
Patients Association  
Caring for the cancer patient & their family

## Ham Custard

Serves 2

### Ingredients

4oz cooked ham, minced or chopped  
½ pint milk  
2 eggs  
Salt and Pepper

### Method

Grease a 1 pint baking dish and place the ham in it.

Beat eggs, milks and seasoning and pour over the ham.

Stand the dish in a shallow pan of hot water and bake at 325°F (170°C, Reg 3) until set (40 – 50 minutes).

Variations; you can replace the ham with cooked chicken, grated cheese, or flaked cooked fish.

Cooked vegetables may also be added.

