

Cardamom and Lime Custard

This custard infused with cardamom and lime is a great accompaniment to Indian Bread and Butter Pudding (page 196) or serve just with plain bananas.

SERVES 4

PREPARATION TIME: 5 MINUTES

COOKING TIME: ABOUT 20 MINUTES

6 egg yolks

125g (4¹/₂oz) sugar

600ml (1 pint) milk

6 green cardamoms, lightly crushed

1 vanilla pod, split and seeded, or 3 drops vanilla essence

grated rind of 1 lime and juice of ¹/₂ lime

1¹/₂ teaspoons chopped fresh coriander leaves

- ◆ Prepare a saucepan of simmering water. Place the egg yolks in a heatproof bowl. Add the sugar and whisk until the mixture is pale and creamy.
- ◆ Pour the milk into a saucepan. Add the cardamoms and vanilla, then bring slowly to the boil, allowing time for the flavour of the spices to permeate the milk. Allow to cool slightly before straining the milk on to the egg yolk and sugar mixture. Mix well.
- ◆ Stand the bowl over the pan of hot water and cook gently, stirring continuously, until the mixture thinly coats the back of a spoon. Do not allow the water in the saucepan to boil or the custard will overheat and curdle.
- ◆ Remove the bowl from the saucepan as soon as the custard has thickened slightly as overcooking will cause it to curdle. Stand the bowl of custard in a sink or bowl of cold water to cool it quickly and arrest the cooking process.
- ◆ Cool the custard, stirring occasionally to prevent a skin from forming, until it is just lukewarm. Stir in the lime rind and juice, and the chopped coriander. Serve immediately.