

FOX-7 WTVW

July 5, 2010

KITCHEN AFFAIRS

4610 Vogel Road
EVANSVILLE, IN 47715

SPANISH CUSTARD CUPS (Serves 8)

6 egg yolks
1 cup granulated sugar
1 quart milk, divided
5 TableSpoons corn starch
1 lemon (see instructions)
1 (3-inch) stick cinnamon
1 vanilla bean

Peel the lemon with a peeler or paring knife to get broad strips of peel. Try not to get the white pith but only the outer skin. You need 3 to 4 strips, each about 1- by 3-inches.

Blend the egg yolks and the sugar gently until it becomes a fine cream. Do not incorporate a lot of air into the mixture or vigorously whisk it. Add 3 cups of the milk and stir to blend. Add the lemon peel, cinnamon stick and vanilla bean, and heat this over medium-high heat in a saucepan.

While the custard is heating, dissolve the corn starch in the remaining cup of milk, being sure to dissolve all lumps completely. Add this to the custard, stirring in only one direction, to prevent lumps..

Bring the custard just to the boil. At the first sign of full bubbles, remove the pan from the heat and strain the custard through a mesh strainer to remove the lemon zest, cinnamon stick, vanilla bean and any lumps. Pour the custard into ramekins. Do not wait until it's cooled completely.

Allow the ramekins to cool to room temperature before refrigerating. Chill the ramekins.

Serve chilled, with fresh berries or whipped cream, or both!.