

Baked Egg Custard



Serves: 20

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients

- 15 eggs
- 2 cups caster sugar
- 1.25L milk
- 1.5L cream
- 1 tbsp vanilla extract
- Ground nutmeg
- 2.5kg fresh or tinned fruit

Method

1. Preheat oven to 180°C.
2. Whisk eggs and sugar together until sugar is dissolved.
3. Whisk in the milk, cream and vanilla extract.
4. Pour mixture into ovenproof dishes (total of 5L capacity) and sprinkle with nutmeg.
5. Place ovenproof dishes into a larger roasting tray and pour boiling water into the large roasting tray until it reaches halfway up the side of the ovenproof dishes.
6. Bake in oven for 40 minutes until set.
7. Remove dishes from roasting tray. Serve warm with fresh or tinned fruit.

Dietitian's notes:

This baked custard recipe is suitable for residents on texture modified diets. It is a high protein high energy dish, great for serving to residents at risk of malnutrition for either dessert or as a snack.

Food Group	Serves provided per portion
Vegetables	0
Fruit	0.5
Grains	0
Lean meat and alternatives	0.35
Milk, yoghurt, and cheese	0.25