

# BRITISH FOOD FORTNIGHT

21ST SEPTEMBER - 6TH OCTOBER 2019

British Food Fortnight is the biggest annual, national celebration of British food and drink.

## INGREDIENTS

07382	Cravendale fresh whole milk	1ltr
06175	Fresh double cream	500ml
58527	Golden Acre condensed milk	150g
07531	Tate & Lyle Fairtrade caster sugar	200g
70377	Chef William whole green cardamom - lightly crushed	4
70376	Everyday Favourites ground nutmeg	½ tsp
09126	Everyday Favourites free range medium eggs	6
17695	Vanilla flavouring	1 tsp
30987	Pistachio kernels	30g
29573	Everyday Favourites flaked almonds	30g
42838	Rose syrup	40ml

## METHOD

1. Preheat the oven to 160°C.
2. Boil the milk and cream together, then add the condensed milk, sugar, crushed cardamom seeds and nutmeg. Simmer for 15 minutes, take off the heat to cool and allow to infuse for an hour, then strain.
3. Whisk the eggs with the vanilla until frothy and pour over the milk mix. Pour into a dish and bake for 35 to 45 minutes. Once done remove from the oven, top with pistachios and flaked almonds. Allow to cool and chill for a few hours.
4. Just before serving drizzle with the rose syrup.

## BAKED EGG CUSTARD





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