COOKING PASSION SINCE 1877



Summer Fruit Maple Baked Custards

PREPARATION TIME: 15 MINUTES

COOKING TIME: 50 MINUTES

SERVES: 6

Ingredients

2 yellow nectarines, stone removed and sliced
1 punnet strawberries, hulled and halved
1/3 cup maple syrup
2 teaspoons vanilla bean paste
300mls thickened cream
5 eggs
1 tablespoon plain flour
1 yellow nectarine, extra, stone removed and sliced
2 tablespoons butter
1/4 cup brown sugar

Method

Layer the nectarine slices and strawberries into 6 x 185ml greased ramekins.
Combine in a large bowl the maple syrup, vanilla, cream, eggs and flour and whisk until smooth. Pour the custard mixture over the fruit in each ramekin.
Place the ramekins into the large perforated tray and cook on FullSteam 80°C for 40-45 minutes or until just set. Allow to cool at room temperature then chill.
In a small saucepan combine the butter and brown sugar and cook over a medium heat/setting 5 for 3-4 minutes, stirring until the butter and sugar become syrupy and slightly thickened. Cool slightly.
Decorate the custards with the reserved nectarine slices then drizzle each with a little of the syrup. Serve immediately.

Notes

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