

Baked Egg Custard with Nutmeg



Serves 2

Prep 10 mins

**Cooking 45 mins
+ 20 mins rest**

Easy

Ingredients

300ml (1/2 pint) semi-skimmed milk
2 medium eggs
25g caster sugar
a few drops vanilla extract
freshly grated nutmeg, to taste

1. Preheat oven to 170°C/150°C fan/gas mark 3. Put milk in a saucepan; heat gently until hot but do not boil. Remove from heat. Lightly whisk eggs, sugar and vanilla extract together in a heatproof bowl; pour on hot milk, stirring.
2. Strain mixture through a sieve into a 600ml (1 pint) ovenproof dish. Sprinkle a little nutmeg all over top.
3. Bake in oven for about 45 minutes or until set. Serve hot, cold or chilled with canned, stewed or fresh fruit or with the plum compote from [this recipe](#). If serving hot, let baked pudding stand for 20 minutes or so before serving.