TASTE WITHOUT WASTE

Coconut Custard (Dairy Free)
Makes 600ml

Ingredients
270ml can light coconut milk
270ml can light coconut cream
3 tbsp icing sugar
1 ½ tsp vanilla bean paste
2 eggs
1 tbsp cornflour
1-2 tbsp rum (optional)

Method
Pour the coconut milk and cream into a medium sized saucepan. Add the icing sugar and vanilla bean paste and whisk to combine. Set over a medium heat and leave until almost boiling (small bubbles form around the edges).

Meanwhile, whisk the eggs and cornflour together in a heatproof bowl. Once the milk/cream is almost boiling, pour over the eggs, whisking constantly. When combined, return to the saucepan and place over a low heat. Cook, stirring/whisking constantly for about 1 minute or until the custard begins to thicken.

Transfer to a heatproof bowl or large bowl and whisk thoroughly to remove any lumps. Add the rum and whisk to combine, if using.

Serve immediately or leave to cool and serve at cold.

To reheat, pour back into a saucepan and warm over a low heat, stirring often.

Will keep, refrigerated, for up to 3 days.

Source: Adapted from https://www.thehealthychef.com/2011/12/how-to-make-the-perfect-custard/
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