DietCloud – Recipe

Recipe Name: Custard Milk Recipe-Spanish Custard

Diet Type:

Course: Dessert

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Milk • 4 teaspoon Sugar • 2 inch Cinnamon Stick (Dalchini) • 1 teaspoon Lemon zest • 1 teaspoon Corn flour • 1 Whole Egg • 1 teaspoon Vanilla Extract	2

Preparation

• To begin making the Natillas de Leche Recipe, heat 1 cup milk with lemon zest, cinnamon stick and 2 teaspoon sugar.
• Do not boil them.
• Once it is hot, switch off the heat and place it aside to cool them.
• In another bowl, separate the yolk from the egg and discard the white, add the remaining sugar into the yolk and whisk it well till it fluffs up.
• Add remaining 1 cup of milk with 1 teaspoon corn flour into the yolk mixture and whisk well till there are no lumps.
• Remove cinnamon sticks from warm milk and keep the milk back on the stove on simmer.
• Add vanilla essence, and slowly add the milk and corn flour mixture and keep whisking till it thickens.
• Switch off the heat and pour the custard into ramekin molds and refrigerate for 2 hours before serving.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)

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