

Custard

Learn to make smooth, creamy homemade custard with this easy gluten-free recipe. Perfect dessert served warm or chilled with simple ingredients.

15	25	40	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Custard

Ingredients

- 4 cup milk
- 3 tbsp rice flour
- 1 cup granulated sugar

Instructions

- 1 Prepare the base**

Whisk 3 tablespoons rice flour with 1/2 cup of the milk in a heavy-bottomed saucepan until completely smooth with no lumps remaining.
- 2** Gradually whisk in the remaining 3.5 cups milk until the mixture is completely smooth and uniform.
- 3 Cook the custard**

Place the saucepan over medium-low heat and cook, stirring constantly with a whisk, for 8-10 minutes until the mixture begins to thicken and coats the back of a spoon.
- 4** Add 1 cup sugar and continue cooking, stirring constantly, for 5-7 minutes until the sugar completely dissolves and the custard thickens enough that when you draw your finger across a spoon dipped in custard, it leaves a clear line.
- 5** Continue cooking for 2-3 more minutes, stirring constantly, until the custard has a smooth, creamy consistency and lightly coats the back of a wooden spoon.
- 6 Finish and serve**

Remove from heat and strain through a fine-mesh sieve into a clean bowl to remove any lumps.
- 7** Serve immediately while warm in individual bowls, or cover with plastic wrap pressed directly onto the surface and refrigerate for at least 2 hours to serve chilled.

Tips

Use room temperature eggs to prevent curdling when adding hot milk. Cold eggs can shock when heated too quickly, leading to lumpy custard.

Always use low to medium-low heat and stir constantly in a figure-8 pattern to ensure even cooking and prevent the eggs from scrambling.

Temper your eggs properly by adding hot milk gradually while whisking continuously. This slowly brings the eggs up to temperature without cooking them.

Strain the finished custard through a fine-mesh sieve to remove any lumps or bits of cooked egg, ensuring a perfectly smooth texture.

Use whole milk or a combination of milk and cream for the richest flavor and creamiest texture. Avoid low-fat milk, which can result in thin, watery custard.

Test doneness by coating the back of a wooden spoon with custard - it should hold a line when you draw your finger across it.

Cover custard with plastic wrap pressed directly onto the surface to prevent a skin from forming during cooling and storage.