

Proper Custard Sauce

Ingredients:

- ½ pint (275ml) single cream (or double if preferred)
- 3 egg yolks
- 1 level tablespoon caster sugar
- 1 level teaspoon cornflour
- 2 drops pure vanilla extract

The cornflour helps to stabilise the sauce and prevent it from curdling (splitting).

Method:

1. Heat the cream in a small saucepan up to boiling point.
2. In a small basin thoroughly blend the egg yolks, cornflour, sugar and vanilla.
3. Slowly pour in the hot cream – stirring continuously – then return the mixture to the **washed** pan.
4. Heat very gently (**still stirring**) until the sauce has thickened, which should take 1-2 minutes.

If the sauce should overheat and start to look lumpy, simply remove it from the heat and beat it. It will become smooth again as it cools down.