

1. Heat the milk in a jug on FULL power for 2-3 minutes (don't boil).
2. Beat together eggs, sugar and vanilla.
3. Pour milk onto egg mixture and beat together.
4. Pour mixture into a bowl or into 6 individual ramekins. Sprinkle with nutmeg.
5. Cook on SIMMER/LOW power for 6-8 minutes, the custard should be starting to set around edges and will continue to set after standing.
6. Serve with poached fruit such as raspberries or plums.

3 eggs
1/2 tsp vanilla extract
2 tbsp castor sugar
300ml (1/2pt) milk
grated nutmeg

'What's Cooking!' Recipe Card**DESSERT****EGG CUSTARD****Food Fact:-**

Eggs are highly nutritious - they contain a wealth of vitamins and minerals and are one of the best sources of high quality protein.

They are naturally rich in vitamin B2 (riboflavin), vitamin B12 and vitamin D. They also contain vitamin A and a number of other B vitamins including folate, biotin, pantothenic acid and choline, along with essential minerals and trace elements.

Preparation time 4 mins

Cooking time 8 mins

Makes 4-6