

Custard

Allergens - **Milk**

Ingredients

Quantity	Ingredient
100g	Custard Powder
2ltr	Semi-Skimmed Milk
100g	Sugar



Method

1. Heat 3/4 of the milk in a pan to near boiling point.
2. Mix the remaining milk with the custard powder separately.
3. Add the custard mixture to the hot milk and simmer gently until thickened.
4. Add the sugar and mix in evenly.
5. Serve at minimum required service temperature of 63°C.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	NME Sugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 75.8	= 1.7	= 1.1	= 3.9	= 10.6	= 0.2	= 25.5

Portion size - Primary – 100g