

MUSCOVADO CUSTARDS

These easy custards perfectly highlight the fudgy intensity of both dark sugars used. But the best thing about this pudding? Its complexity of flavour comes from the ingredients rather than any complicated culinary techniques.

- **SERVES 4**
- **PREP: 10 MINUTES**
- **COOK: 20-25 MINUTES, PLUS CHILLING**

300ml Double cream
75g Dark muscovado sugar
25g Molasses sugar
¼ tsp Salt
4 Large egg yolks
½ tsp Vanilla extract

- Preheat the oven to 150°C/gas 2. In a small, heavy-based pan, warm the cream, muscovado sugar, molasses sugar and salt over a medium-low heat, stirring until the sugar has dissolved. Remove from the heat.
- In a large mixing bowl, beat the egg yolks and slowly whisk in the hot cream mixture with the vanilla extract. Strain into a jug and then pour into 4 x 120ml ramekins.
- Place the ramekins in a deep roasting tin; fill the tin with boiling water until it comes to about a third of the way up the sides of the ramekins. Put in the oven. Cook for 20-25 minutes until the custards are just set but still wobble slightly in the middle (they will set further on cooling); remove from the tin. Chill for at least 3 hours before serving.

PER SERVING 233 KCAL/520G FAT/
12G SATURATED FAT/01G SALT/11G SUGARS

