

Verjuice and parmesan custard

By Maggie Beer

9 Servings

Serves



INGREDIENTS

½ cup (120mls) Verjuice
600mls thickened cream
150mls whole milk
100gms parmesan, grated
2 fresh bay leaves
6 white peppercorns
12 free range egg yolks
Pinch of seas salt and freshly
cracked black pepper to season
3 Tablespoons extra virgin olive oil

METHOD

1. Place the Verjuice into a small sauce pan and bring to the boil on induction setting 9. Reduce heat to setting 5 and reduce to 1 tablespoon. Remove from the heat and set aside.
2. Place the cream, milk, parmesan, bay leaves and peppercorns into a medium size pot.
3. Place over medium heat, induction setting 5, to bring the mixture to approximately 75°C. Reduce heat to setting 1 for 5 minutes to infuse the flavours into the cream & milk.
4. Remove from the heat and strain the mixture into the egg yolks.
5. Add the Verjuice and whisk together until well incorporated, taste the mixture and adjust the season if need be.
6. Divide the mixture into the 9 x 120mls moulds and place the lid on, place into the steam oven on 90°C universal setting for 30 minutes.
7. Remove the custards from the steam oven and allow to sit for 3 to 5 minutes, then turn out onto a serving dish, dress with olive oil and freshly cracked black pepper.