

# Taste and See

It was snowing on Super Bowl Sunday and I thought of making a simple dessert for my family. I chose to make a baked custard, for which the recipe calls for three main ingredients - eggs, milk, and sugar, (I used condensed milk instead of sugar.) If you are lactose intolerant, you may use milk of your choice.

This recipe can be done via an oven, or steam on the stovetop in a water bath. When I was a child my mother used the stovetop method, the preferred method of most Guyanese.

Want a quick dessert for Valentine's Day? Try this recipe. I am sure you have these basic ingredients in your kitchen. Be bold! You may add maraschino cherries and/or raisins. Enjoy!

While the custard was in the oven, I was taking videos of the snow on the trees and on the ground. Looking at the snowfall I get to *taste* the mighty deeds of God in creation. It was such a beautiful sight to behold and I was reminded of the verse, "Be still, and know that I am God" (Psalm 46:10)

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## BAKED CUSTARD



### Ingredients:

- 3 eggs, at room temperature
- 1 tablespoon vanilla extract
- 1 teaspoon grated nutmeg
- 3/4 can condensed milk or 4 or 5 tablespoons of sugar, to your liking.
- 1 can evaporated milk (12 oz), or milk of your choice. (Evaporated milk gives it a nice consistency and rich flavor)

### Directions:

- (1) Preheat oven to 350 degrees.
  - (2) Whisk eggs and vanilla extract.
  - (3) Add evaporated milk, condensed milk and 1/2 teaspoon of the grated nutmeg into the mixture and beat lightly to combine.
  - (4) For a smooth custard, strain the mixture through a strainer into baking dish of your choice. Ramekins may be used for individual portions. Sprinkle the remaining 1/2 teaspoon nutmeg on top. You may cover with aluminum foil.
  - (5) Place baking dish with the mixture in a water bath and bake at 350 degrees for about 45-50 minutes until set.
  - (6) Remove from the water bath and let cool. Serve warm or cold.
- Serves 6-8.