Figgy Baked Custard with Crunchy Praline





This silky baked custard, enriched with dried figs, is ideal to serve as dessert at any time of the year.

Ingredients

For praline:

½tsp Oil for greasing

75g Caster sugar

40q Cashew nuts (chopped)

For the custard:

250g Dried figs

750ml Water

4 Eggs

90g Caster sugar

250ml Condensed milk

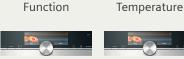
45g Corn flour

60ml Water

Tins

Use store brought chikki or nut praline when you are pressed for time.

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5-6

Time



Method

For the praline:

- 1. Oil a baking paper and keep aside.
- 2. Put sugar in a non-stick pan on a low to medium heat. Stir it till it caramelises to a golden brown colour. Add the chopped cashew nuts and stir well to combine.
- 3. Lay oiled parchment paper out on a flat surface and pour the cashew and sugar mixture on it.
- 4. Use a wooden spoon to flatten the mixture out into a thin layer.
- 5. Once cool, peel it off the paper and keep aside to serve with the chilled custard pudding.

For the custard:

- 1. Soak dried figs in 750 ml of hot water for 4 hours till they swell up. Halve and keep aside.
- 2. Combine the eggs, sugar and condensed milk in a double boiler and beat till the mixture thickens to the consistency of custard. Ensure the eggs don't cook into streaks and ruin the custard.
- 3. Combine the corn flour with 60ml of water and mix well. Stir into the egg mixture to thicken it.
- 4. Pour the mixture into a large baking dish and top with the soaked, chopped figs.
- 5. Place baking dish in a water bath half submerged in water. Bake at 150°C for about 40-50 minutes, or until wobbly but set.
- 6. Divide into 4 equal portions and serve, warm or cold, with crushed praline on the side.