

Classic Spanish Custard – *Natilla Clásica*

Ingredients (for 8 portions)

6 cups whole cow's milk
1 ½ cups sugar
4 eggs (only yolks needed)
¼ cup corn starch
¼ cup water; at room temperature
1 tsp vanilla
1 tsp lime zest
8 plain biscuits, such as Maria; optional
More lime zest, or ground cinnamon, for garnish; optional



Place milk in a pot over medium heat, and add sugar. Warm up, stirring occasionally, until the sugar dissolves, and the mix becomes foamy, but it does not boil. Meanwhile, separate eggs, reserving whites for another recipe, and placing yolks in a bowl. Place water (at room temperature) in a separate mixing bowl or large measuring cup, and add corn starch; stir with a whisk until corn starch dissolves, then continue beating, while adding egg yolks, one by one. Add vanilla and continue beating. Add freshly grated lime zest, and beat until all gets incorporated. To temper this mixture before adding to the pot, scoop about half a cup of the warm milk, and slowly add to the egg mixture, while beating with the whisk (photo below, left). Now slowly pour the tempered mixture into the pot of warm milk and sugar, while beating with the whisk (photo below, centre). Continue cooking over medium heat, between five and ten minutes, stirring constantly with a wooden spoon, until the mix thickens, coating the pot wall and the back of the spoon (photo below, right):



Remove from heat and allow to cool down for 20 to 30 minutes, stirring a few times. This *natilla* may be transferred to a container with lid and kept in the fridge until serving time.

To serve, pour *natilla* into individual bowls, and if desired, sprinkle lime zest or ground cinnamon on top, and add a biscuit to each bowl (photo at the top of the page).