

Steamed Custard in Nectarines Recipe

Ingredients:

6 nectarines
1 large (US extra large) egg
45 ml muscavado (brown) sugar
30 ml coconut milk

Method:

Cut the nectarines in half. Using a teaspoon, scoop out the stones (pits) and a little of the surrounding flesh. Lightly beat the egg, then add the sugar and the coconut milk. Beat until the sugar has dissolved. Transfer the nectarines to a bamboo steamer and carefully fill the cavities three-quarters full with the custard mixture. Steam over a pan of simmering water for 5-10 minutes. Remove from the heat and leave to cool completely before transferring to plates for serving.

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