

# Food in the Middle Ages: Custarde

## Ingredients:

- 2/3 cup whole milk or heavy cream
- 2 large eggs
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 1/4 tsp ginger
- 1/4 tsp cloves
- 1/4 tsp mace
- pinch of ground saffron (optional)
- 1/4 cup sugar
- ice
- currants or raisins (optional)

## Directions:

1. Put the Creame into a pot.
2. Breake the eggess into a bowle and beat. Streyne them through a straynour into the Creame.
3. Heat eggess and Creame on low heat and stirre it with a Ladle a good while.
4. Put in salte, synamon, ginger, cloves, mace, and saffron. When hot, add Sugur and stirre.
5. Poure into a bowle and put bowle on ice. Stirre until thicke.
6. If you will, dubbe the Custarde with currans.