

Baked Custard with Pears



Serves	4
Prep time	15 minutes
Cook time	1 hour
Total time	1 hour, 15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert
Misc	Pre-preparable , Serve Cold , Serve Hot
Website	Silly Billyz

Ingredients

- Canola oil spray
- 2 pears (peeled and thinly sliced)
- 1/3 cup caster sugar
- 2 teaspoons Orgran custard powder
- 4 eggs
- 1 teaspoon vanilla essence
- 2 cups low fat milk (heated)

To serve: (Optional)

- vanilla ice cream

Directions

1. Preheat the oven to 150 C. Lightly spray four 1 cup ramekin dishes.
2. Arrange the pear slices over the base of ramekins.
3. Combine the sugar and custard powder in a bowl. Whisk in the eggs and vanilla, then gradually stir in the hot milk.
4. Pour the egg mixture over the pears.
5. Place the ramekins in a baking tray and fill the tray with hot water until the water is half way up the sides of the ramekins.
6. Bake in the oven for 1 hour or until set.
7. Serve hot with ice cream (optional) or cold.

Note

Low Chemical / Failsafe

Variation: use peeled Golden or Red Delicious apples (Moderate Salicylates) instead of pears.