



Vanilla custard slices

READY IN



125 min.

SERVINGS



8

CALORIES



709 kcal

DESSERT

Ingredients

- ☐ 500 g pack puff pastry
- ☐ 50 g almond flaked
- ☐ 3 tbsp icing sugar for dusting
- ☐ 1 gelatine leaf
- ☐ 750 ml milk whole
- ☐ 250 ml double cream
- ☐ 1 vanilla pod halved
- ☐ 100 g cornflour
- ☐ 25 g custard powder

- ☐ 3 egg yolks
- ☐ 140 g caster sugar

Equipment

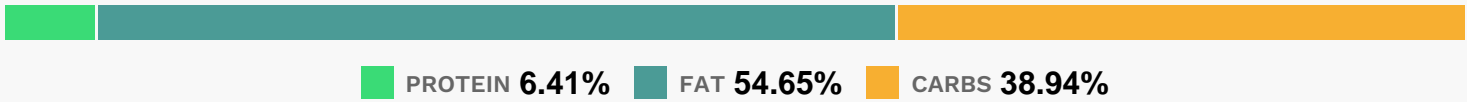
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roll out 250g of the pastry on a sheet of baking parchment to about 25cm square. Scatter over half the almonds, then press them in very gently, dust with half the icing sugar and lay over a second sheet of baking parchment. Lift onto a baking sheet, and sit another baking sheet on top like a sandwich. Fill a few small tins with baking beans (or something similarly heavy and ovenproof like raw rice).
- ☐ Bake for 30 mins, then have a quick peek it will probably need another 5 mins to be well browned and crisp all over.
- ☐ When done, remove from the oven, take off the weights and top baking tray, then carefully lift off the top sheet of parchment and leave to cool. Repeat with the remaining pastry you can do both sheets at once if you have enough baking sheets and tins, but they might not cook as evenly with two in the oven, so it is safer to do one at a time. Cool both completely.
- ☐ Put the gelatine in a bowl of cold water to soften, then put the remaining custard ingredients in a big saucepan. Set over a low heat to start, whisking continuously to mix well, then increase the heat a little until the custard is gently boiling. Keep whisking the whole time the custard will thicken and lump unevenly, but keep cooking and whisking until it is smooth and very thick.
- ☐ Remove the custard from the heat and remove the vanilla pod. Squeeze out the water from the gelatine sheet, then stir it into the custard until it has dissolved.

- Line the base and sides of a 20cm square tin with baking parchment criss-crossing 2 big strips will give you the neatest corners. Using a big, sharp knife and a ruler or the base of your tin if it is removable trim one pastry sheet to a shade under a 20cm square, so it will sit inside the tin, almond-side down.
- Spread over the custard as evenly as you can. Trim the second pastry sheet in the same way, but then divide the square into eight 10 x 5cm rectangles (so it will be easier when you cut the slices later). Sit them on top of the custard, almondside up, putting them back together a bit like a jigsaw puzzle. Gently press down on the pastry so it doesnt break but sticks to the custard, then cover and chill for 4 hrs or so, but better still overnight.
- To serve, lift the slice from the tin and cut all the way through where the pastry top is already cut. Dust the slices with a little more icing sugar and serve. Best eaten within 24 hours, when the pastry is still good and crisp.

Nutrition Facts



Properties

Glycemic Index:21.76, Glycemic Load:29.25, Inflammation Score:-6, Nutrition Score:13.625217468194%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 708.98kcal (35.45%), Fat: 43.52g (66.95%), Saturated Fat: 16g (100.02%), Carbohydrates: 69.76g (23.25%), Net Carbohydrates: 67.93g (24.7%), Sugar: 26.74g (29.71%), Cholesterol: 128.09mg (42.7%), Sodium: 214.79mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.97%), Selenium: 23.03µg (32.9%), Vitamin B2: 0.49mg (29.04%), Manganese: 0.46mg (23.2%), Vitamin B1: 0.34mg (22.56%), Phosphorus: 221.87mg (22.19%), Calcium: 179.16mg (17.92%), Vitamin E: 2.45mg (16.33%), Folate: 63.63µg (15.91%), Vitamin B3: 2.96mg (14.82%), Vitamin A: 723.55IU (14.47%), Vitamin D: 1.93µg (12.87%), Vitamin B12: 0.74µg (12.34%), Iron: 2.18mg (12.11%), Vitamin K: 11.41µg (10.86%), Magnesium: 42.85mg (10.71%), Potassium: 283.89mg (8.11%), Copper: 0.16mg (7.99%), Zinc: 1.2mg (7.97%), Vitamin B5: 0.74mg (7.42%), Fiber: 1.83g (7.32%), Vitamin B6: 0.12mg (6.1%)