

**Silky Egg White Custard**  
Makes about 6 servings

On Lok, March 2025  
Incredible Eggs!

2 cups whole milk  
¼ cup sugar  
4 egg whites  
3 drops almond extract

**Toppings:**

¼ cup almond slices  
½ cup diced strawberries  
½ cup blueberries

1. Combine milk and sugar in a microwave safe cup or bowl. Microwave on high for 1 – 2 minutes, or until milk is warm but not hot. Stir until sugar has dissolved.
2. Beat egg whites in a large mixing bowl; slowly add milk and almond extract and continue mixing until well combined\*.
3. Strain egg white - milk mixture through a fine mesh strainer, then pour into about 6 heat-proof custard cups. Cover each cup with aluminum foil and steam over simmering water until set, 20- 25 minutes.
4. Serve warm or chilled with almond slivers and fruit toppings.

\*An immersion blender is an excellent tool for thoroughly combining egg whites with the milk. The blender ensures a smooth custard.

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