

## Nyam and Go – Jamaican Egg Custard

Do you remember having egg custard? This is a classic Jamaican desert after dinner or at dinner parties. Egg custard could be served any time of day. It is easy to make with a short prep time. Here is our Jamaican Egg Custard recipe.



### INGREDIENTS:

- 6 large eggs
- 1 cup brown sugar
- ¼ teaspoon salt
- 1 cup condensed milk
- 1 cup evaporated milk
- 2 teaspoon vanilla
- ¼ teaspoon freshly grated nutmeg

### METHOD:

1. Preheat the oven to 350°.
2. Beat the eggs in a large bowl,
3. Add the sugar and salt to the bowl
4. Stir until the sugar and salt dissolve
5. Add the milk, vanilla and nutmeg. Stir
6. Strain the mixture
7. Pour it into a casserole dish
8. Place the casserole dish in a large roasting pan.



9. Fill the pan with water to reach about 1 inch from the top of the casserole dish.
10. Place in the oven and bake the custards for about 35 minutes, or until set.
11. Remove from the roasting pan waterbath when cool enough to handle.
12. Serve the custard warm, at room temperature or chilled.

<https://jamaicans.com/jamaicaneggcustard/>