

Double Skin Milk Custard

Ingredients

- 1 c Milk
- 2 Egg Whites
- 2 T Sugar

Instructions

- 1.Heat milk in a microwave for 1 minute, let cool for 1 minute, then heat again for 1 minute.
- 2.Leave the milk to cool for 5 minutes until visible skin forms on top of the liquid surface.
- 3.Gently lift the milk skin with a knife and slowly pour the milk underneath into another bowl. Be sure to leave around $\frac{1}{4}$ of the milk inside to prevent the skin from sticking to the bowl.
- 4.Add sugar into the milk that has been poured out. Mix to combine until the sugar has completely dissolved in the milk.
- 5.Add egg whites into the milk mixture. Mix to combine thoroughly. Add the milk mixture back into the original bowl. Be sure to pour the mixture on the side of the bowl so the milk skin will float up to the top.

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6.Steam the milk for around 20 minutes. Be sure to cover the bowl with plastic wrap to maintain the smooth surface of the milk custard.

7.Check to see if the milk is firm on its surface. Let the milk custard cool for 10 minutes. Enjoy!