

HOW TO THICKEN A SAUCE

1. Make a paste with 2-3 tsp FREE Cornflour and 2-3 tbsp cold liquid. **2.** Stir some warm stock or milk into the paste and immediately pour everything back into the pan. **3.** Boil gently, stirring to thicken.

VEGAN VANILLA CUSTARD

450ml	Vegan milk
2 tbsp	Sugar
2 tsp	Vanilla extract
3 tbsp	FREE Cornflour

1. Measure the milk into a saucepan then remove 5 tbsp of the milk and place into a bowl. **2.** Add the sugar and vanilla extract and place into the saucepan. **3.** Heat the pan of milk, stirring occasionally, until the sugar has dissolved. **4.** Bring the milk almost to the boil then take it off the heat. **5.** Add the cornflour to the cold milk, stirring to make a smooth paste. **6.** Pour half of the hot milk onto the paste, stirring as you do this. **7.** Tip the mixture back into the saucepan. **8.** Return the pan to the heat and stir as the custard thickens. **9.** Allow the custard to bubble gently and cook for a minute while stirring. **10.** Pour the custard into a jug and serve.



FREE FROM GLUTEN

cornflour



HOME
BAKING &
COOKING

Vegan custard recipe on

reverse. Traditionally used to thicken sweet and savoury sauces, this organic cornflour is also great for desserts and can add lightness to your baking.



GLUTEN FREE **ORGANIC**

Corn Starch Flour

Ingredients: corn starch*.

*Organic produce.

Best before: see base.

Storage: replace lid & store in a cool dry place.

Packaging material: PP tube, PS lid, paper label. Packed in the UK.

Always cook flour before consumption.

Non UK agriculture



CUK-M-144
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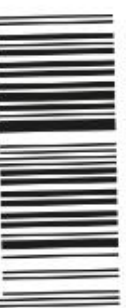
Typical values	Per 100g
Energy	1535KJ
Fat	361Kcal
of which saturates	0.6g
Carbohydrate	0.2g
of which sugars	89g
Fibre	0.0g
Protein	0.0g
Salt	0.5g
	0.15g

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Doves Farm Foods Ltd,
Salisbury Road, RG17 0RF, UK
Doves Farm Foods Ltd,
Via San Geroldo, 4,
26100 Gremona, Italy



@FreeeFoods
freee-foods.co.uk



5 011766 222433 >