

Bunya cream custard – award winning recipe! *Gluten Free*

Ingredients

1 kg Bunya nuts boiled for about 20 minutes and then shelled to give 600 grams
500 ml cream
400 ml milk
100 ml milk mixed with 30 gram potato flour
2 Tbs vanilla essence
100 grams raw sugar

Grind bunya nuts in a food processor to coarse crumbs. Put all ingredients into a saucepan and heat gently while stirring, until thickened. Take off heat. When warm spoon into glasses.

Ke-ril syrup

Use equal quantities of Ke-ril (Sandpaper Fig, *Ficus coronata*) and raw sugar with some water. Stir to dissolve sugar and heat at 70-80°C for about 5 minutes. Allow to cool then strain.

Ke-ril froth

1 cup Ke-ril syrup
1 cup water
2 Tbs gelatine

Stir gelatine into 1/2 cup water. Set aside.

Heat syrup and 1/2 cup water and bring to the boil. Take off heat and stir in dissolved gelatine mix. Cool. When just set, whip with a beater until it forms a stiff froth. Chill until set and whip again if needed. Spoon on top of custard.

Decorate with toasted coconut and cooked Ke-ril fruit.

RECIPE & Image by John King



Sourcing Bushfood Plants

- Qld Bushfood Association www.qldbushfood.com
- Landcare nurseries www.landcare.com.au
- Ask your local garden centre!
- Internet search tools, such as Google.

