

A SUGAR SHAKE Recipe

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Hawaiian Vanilla Custard with Lavender Roasted Berries and Rum Sauce

This is an adaptation of [Smitten Kitchen's Vanilla Custards with Roasted Blueberries recipe](#). It's simple to prepare, and can be made up to four days ahead. You may want to keep the fruit and custard separate if you're not serving soon. Serve in a giant bowl, individual small bowls or cups or in cute shot glasses.

For the Custard

Prepare at least a few hours ahead of the berries so you can serve chilled custard and warm berries together.

- 2 cups whole milk
- $\frac{3}{4}$ teaspoon [Maui Preserved Vanilla Powder](#) (or seeds from 1 vanilla bean; see the [Smitten Kitchen original recipe](#) if you must use extract)
- 6 large egg yolks
- $\frac{1}{2}$ cup granulated sugar
- 6 tablespoons all-purpose flour
- 5 tablespoons unsalted butter, cut into large chunks

In a deep saucepan, combine milk and vanilla powder. Heat the mixture until it is just warm. (Do not boil.) Transfer to a large container, such as a four-cup measuring cup, with a pour spout and set aside. Keep the saucepan handy.

In the bowl of a standing mixer, whisk egg yolks and sugar together. (You can also use a regular electric hand mixer, or if you're ambitious or in need of a workout, do it by hand.) Whisk in the flour until fully incorporated.

With the mixer running—see why I suggested a stand mixer?—slowly add the warm vanilla-milk a few small splashes at a time. Once you've added about a quarter of the milk, the temperature should be stabilized and you can add the rest in a steady, thin stream.

Transfer the milk-egg mix back to the original saucepan and heat over medium-high, whisking constantly. When you begin to see small bubbles, whisk 1 to 2 minutes longer—it should be thickening up—then remove it from heat. Immediately stir in butter until combined. Once butter has been combined, strain into a bowl using a fine-mesh strainer to remove any lumps. Don't press too hard as you strain, or you'll just force tiny lumps through, defeating the whole point of the process.

Cover custard with plastic wrap, being sure to lay the wrap directly touching the surface of the custard so you don't get "pudding skin." Refrigerate for two hours (until cool) or up to four days.

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For the Berry Topping

If you want a warm berry topping, prepare this just before serving. It also tastes quite nice chilled, so if you want dessert out of your way, prepare it at the same time you make the custard.

- 6 ounces blueberries
- 1 pound strawberries
- 2 tablespoons Maui “Raw” (turbinado) sugar
- 1 tablespoon culinary lavender
- Optional: 1 lemon for zest

Pre-heat oven to 450°. Wash and gently dry the berries on a paper towel. Hull and quarter the strawberries. Center a small glass bowl containing the lavender in a glass 9×13 baking dish. Add berries to the dish, spreading them out as much as possible. Sprinkle with sugar. Roast for 15 minutes. Remove berries from dish, leaving the juices, and set aside.

For the Rum Sauce

- 1 to 2 teaspoons Maui dark rum (or your favorite dark rum; I like Kōloa the best)

Add rum to the hot berry juices and stir together.

If you don't plan to serve the berries hot, pour sauce over the berries and refrigerate, covered, together.

To Serve

Spoon chilled custard into serving dishes—you can go any number of ways here: a single large bowl, several small bowls or cups (you can get 6 decent dessert size portions out of this recipe, or twice as many dainty-eater portions), or even shot glasses (you'll easily get 18 to 24 servings or more).

Top with berries and rum sauce. If you need your dessert prepared in advance, it's perfectly fine to plate these up and store in the fridge. They'll last several days, though as time passes, the brilliant red sauce will begin to seep down along the sides of the glass. If you're portioning out only the custard in advance, you'll need to make sure to touch the plastic wrap to the custard surface to prevent “pudding skin.”

If using, zest lemon directly over the fruit topping before serving.