

# Welsh Honey Custard with Welsh Cake Crumble and Welsh Tea Poached Rhubarb



**Welsh Ingredients used:** Welsh tea, Welsh rhubarb, Welsh honey, Welsh eggs, Welsh cream, Welsh cakes, Welsh butter

**Serves 6**

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## Ingredients

### For the custard

4 Welsh egg yolks  
1 tsp cornflour  
2 tbsp Welsh honey  
2 tsp vanilla essence  
500ml Welsh double cream

### For the poached rhubarb

2 tbsp Welsh honey  
280ml water  
400g thin forced rhubarb, cut into 5cm-long pieces  
1 Welsh Brew tea bag

### For the Welsh cake crumble

40g Welsh salted butter  
1 tbsp sugar  
4 Welsh cakes, crumbled

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## Method

- 01** For the rhubarb, add the Welsh honey and water to a large saucepan on a medium-high heat and bring to the boil. Once boiling, add the rhubarb and the tea bag and simmer gently for 3 minutes before removing from the heat. Cover the rhubarb with parchment paper and set aside to poach in the residual heat until the liquid is cool and the rhubarb is soft but still holds its shape, 1-2 hours.
- 02** Gently lift out the rhubarb and place on a plate with a lip. Place the saucepan with the poaching liquid on a medium heat and simmer for around 12 minutes, or until reduced to the consistency of a slightly thicker maple syrup. Transfer to the plate with the poached rhubarb, then return to the fridge until completely chilled.
- 03** Next make the custard. Gently heat the double cream until just steaming but not boiling. Mix together the egg yolks, cornflour, Welsh honey and vanilla essence in a large jug. Pour over 1/4 of the hot cream mixture and stir well. Add the remaining cream and stir. Place in a saucepan on a low heat and stir until thickened, about 5 minutes. Chill for 2 hours.
- 04** For the crumble, melt the butter in a frying pan then add the sugar and Welsh cakes. Stir and cook for about 5 minutes until golden and caramelised. Leave to cool slightly and crisp up.
- 05** Once the rhubarb and custard are chilled, divide the custard between 6 cocktail-like glasses. Top with the Welsh cake crumble then the rhubarb pieces. Finish with the syrup and serve at once.

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