

Coconut Baked Custard (Bahamian style)

Bahamas • Dessert • Serves 6 • ~50–60 minutes • No dough



Photo: Lambros

Ingredients

- 4 large eggs
- 400 ml coconut milk (1 can)
- 250 ml whole milk (or more coconut milk for extra richness)
- 90–110 g sugar (adjust to taste)
- 1 tsp vanilla
- 1/4 tsp salt
- 1/2 tsp ground nutmeg (plus extra on top)
- Optional: 2 tbsp dark rum (add to custard mix)
- Optional texture: 40–60 g shredded coconut (unsweetened)

Steps

1. Heat oven to 170°C. Lightly butter a medium baking dish (about 20×20 cm) or 6 ramekins.
2. Whisk eggs with sugar, salt and vanilla until smooth (don't whip too much).
3. Whisk in coconut milk and milk. Stir in rum and shredded coconut if using.
4. Pour into dish/ramekins. Sprinkle a little nutmeg on top.
5. Bake 30–40 minutes (ramekins 20–25) until the center is just set with a slight wobble.
6. Cool 15 minutes, then chill at least 2 hours for the best creamy texture. Serve cold or cool.

Notes

- If you want a water bath (extra silky): place dish in a larger tray and pour in hot water halfway up the sides before baking.

- Flavor options: add lime zest, or a pinch of cinnamon and allspice.
- Sweden-friendly: coconut milk + eggs + nutmeg are easy to find; rum is optional.