

Pastry cream

Recipe for 4 persons

Description

A classic cream recipe in French cuisine, usually accompanied with fruit or used as a filling for pastries.

Note

It is possible to put the extract-based flavours into the milk directly.

Ingredients

Pastry cream

- 500 Ml Milk
- 2 Unit(s) Egg
- 3 Unit(s) Egg yolk
- 125 Gr Sugar
- 35 Gr Cornstarch
- 20 Gr Flour
- 25 Gr Butter

Possible flavours

- 3 Tbsp Vanilla extract
- 3 Tbsp Trablit (liquid coffee extract)
- 125 Gr Dark chocolate

Preparation

- Preparation time **30.00 mins**

Pastry cream

Bring the milk to a boil in a large sauce pot.

In a mixing bowl, whisk together the sugar and egg yolks. Add the flour and corn starch (sifted beforehand).

Whisk well to make sure there are not any clumps. Add 70% of the hot liquid to the mixing bowl whisking continually.

Pour this mixture back into the sauce pot and continue to cook while stirring constantly. Once lightly boiling, make sure to continue cooking for a good minute.

Remove pot from the heat and then incorporate the butter as well as your flavour of choice.

Set aside in the fridge, making sure you have covered it with plastic wrap in direct contact with the pastry cream to avoid forming a crust.

Bon appétit!