

# Maine Arts Camp

Recipe: MAC 2015-Pastry Cream (Crème Pâtissière)

Chef: Charlie Limoggio CEC

Servings: 3 ½ pints

Quantity	Unit	Ingredient	Prep Notes
4	Ounces	Cake flour	
12	Ounces	Sugar	
1	Quart	milk	
12	Large	Egg yolks	
1	Whole	Vanilla bean	Split lengthwise
2	Ounces	Unsalted butter	(½ stick)

1. Sift the flour and sugar together.
2. Whisk 8 fluid ounces (240 milliliters) of the milk into the egg yolks. Then add the flour and sugar and whisk until completely smooth.
3. Heat the remaining milk with the vanilla bean in a heavy non-reactive saucepan. As soon as the milk comes to a boil, whisk approximately one-third of it into the egg-and-flour mixture and blend completely. Pour the egg mixture into the saucepan with the rest of the milk.
4. Whisk constantly until the custard thickens. As it thickens, the custard will go through a lumpy stage. Although you should not be alarmed, you should increase the speed of your stirring. Continue to stir vigorously, and it will smooth out and thicken just before coming to a boil.
5. Allow the pastry cream to boil for approximately 1 minute, stirring constantly.
6. Remove the pastry cream from the heat and immediately pour it into a clean mixing bowl.
7. Fold in the butter until melted. Do not over mix, as this will thin the custard.
8. Cover by placing plastic wrap on the surface of the custard. Chill over an ice bath. Remove the vanilla bean just before using the pastry cream.

**Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.**