

Maine Arts Camp

Recipe: Pastry Cream (Crème Pâtissière)

Chef: Charlie Limoggio CEC

Yields about 3 ½ pints

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

1. Sift flour & sugar together
2. Whisk 1 cup of the milk into egg yolks, then add flour & sugar and whisk until smooth.
3. Bring the remaining 3 cups of milk with the vanilla bean to a boil in a non-reactive sauce pan. As soon as it boils, whisk about 1/3 of the egg mixture into hot milk and blend completely. Then slowly whisk remaining milk flour sugar mixture into the pan **stirring constantly** until the cream thickens. As it nears a boil it will thicken. Simmer **gently** while constantly whisking for 2 minutes.
4. Remove pan from heat and **FOLD** in butter **gently**. Over mixing will thin the custard.
5. Cover with a piece of plastic wrap resting directly on the surface of the custard and cool in an ice bath.
6. Remove vanilla bean just before using.

Method: Stirred Custard

Variations:

Mousseline Pastry Cream -- Whip 8 fluid ounces (240 milliliters) of plain whipping cream to stiff peaks. Fold into the chilled pastry cream.

Chocolate Pastry Cream -- Stir 4 ounces (120 grams) of finely chopped dark chocolate into the strained custard while it is still warm. The heat of the custard will melt the chocolate.

Coffee Pastry Cream -- Add 1 fluid ounce (30 milliliters) of coffee extract or compound to the warm custard.

Coconut Pastry Cream -- Replace 16 fluid ounces (480 milliliters) of the milk with an equal amount of unsweetened canned coconut milk.

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.