



JERNEJ KITCHEN

PASTRY CREAM (CREME PATISSIERE)

Pastry Cream or Creme Patisserie is a rich, thick vanilla cream used for cake fillings, doughnuts fillings, cream puffs and tarts too.

MAKES	800	G (1.8 LBS)
PREPARATION:	10	MINUTES
COOK:	5	MINUTES
TOTAL TIME:	15	MINUTES

PASTRY CREAM (CREME PATISSIERE)

500 ml milk (2 cups)

1 vanilla pod

1 pinch of salt

6 egg yolks

150 g sugar (3/4 cup)

40 g all-purpose flour (1/3 cup)

20 g cold butter (1 tbsp + 1 tsp)

TOOLS AND EQUIPEMENT

saucepan

whisk

bowl

plastic wrap

BRING MILK WITH VANILLA TO A BOIL

Place a heavy-bottomed saucepan with milk over medium-high heat. Scrape the seeds from a vanilla pod, add them to the milk along with the empty pod and a pinch of salt. Bring to a boil, then remove from the heat.

COMBINE EGG YOLKS, SUGAR AND FLOUR

In a large bowl whisk together egg yolks, sugar and flour until you get a nice, glossy, lump free egg mixture.

TIP

Easiest way to separate a large amount of egg yolks and egg whites is by cracking the eggs into a large bowl. Using your hand, transfer each egg yolk to a different clean bowl.

POUR VANILLA MILK OVER EGG MIXTURE

Pour the hot vanilla milk in a thin stream over egg mixture while constantly whisking with a hand whisk. The mixture should be lump free and glossy.

TIP

By gradually, slowly adding the milk to the mixture you allow the eggs to temper and that way you get a lump free mixture.

COOK THE VANILLA EGG MIXTURE

Now pour the vanilla egg mixture back to the heavy-bottomed saucepan and place over medium-high heat. While whisking vigorously and constantly cook the mixture for about 2 - 3 minutes or until it thickens and bubbles appear. The mixture should be glossy, nice and thick as a pudding. Transfer from the heat and pour through a sieve to a clean bowl.

TIP

Stir using a figure-eight motion and make sure to stir at the bottom of the saucepan as well.

PASTRY CREAM (CREME PATISSIERE)

Stir small pieces of cold butter into the mixture, while the mixture is still warm. Stir well into the mixture to get a nice, glossy mixture. Cover with plastic wrap, letting the plastic wrap touch the top of the pastry cream to avoid the creation of any film on top. Cool to room temperature then use or store in a fridge for up to three days.