Bavarian Cream Recipe

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 20 minutes

Cook time : 10 minutes

Ready in 45 minutes plus cooling

Level : Advanced

Ingredients:

- Milk 200g (7oz)
- Egg yolks 60g (2.1oz)
- Sugar 100g (3.5oz)
- Vanilla powder
- Gelatin 4g (1Tsp or 2 gelatin sheets)
- Whipping cream 250g (8.8oz)

Directions

1. Soak gelatin in cold water. If you are using powdered gelatin, put 5 times more cold water than gelatin by weight. If you are using gelatin sheets, soak it in plenty of cold water and when it softens, take it out and squeeze to get rid of the excess water.
2. To prepare crème anglaise, use milk, egg yolks, sugar, and vanilla powder. Heat milk, vanilla and half the amount of sugar. Whisk egg yolks with the remaining sugar until they become pale and thick.
3. Temper the yolk mixture with hot milk, stir and put everything back to the pan. Cook the cream over medium heat, stirring constantly, until it becomes thick enough to coat the back of a spoon or reaches 84°C (183°F). When you swipe your finger across the back of a spoon, there should be a clear line left behind,

confirming that the cream is of the right density. Run the cream through a strain to get rid of any pieces of curdled egg yolks.

4. While anglaise is hot, add bloomed gelatin and stir well.

5. Cool the mixture on an ice bath, stirring constantly. Whisk cream to soft peaks.

6. When mixture becomes colder and starts to set (ribbon stage), fold in cream whipped to soft peaks. Now you have made Bavarian cream.

7. Pour it immediately into the mold, and leave it to cool in a freezer for a couple of hours.