

# Crème Pâtissière Recipe

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 10 minutes

Cook time : 5 minutes

Ready in 20 minutes

Level : Basic

## Ingredients:

- Milk 500g (1.1lbs)
- Egg yolks 100g (3.5oz or 5 medium egg yolks)
- Sugar 125g (4.4oz)
- All purpose flour 25g (1.5Tbsp)
- Corn starch 25g (1.5Tbsp)
- Vanilla powder

## Directions

1. Put milk, half of the sugar and vanilla powder into a saucepan and heat it up.
2. Whisk egg yolks with the remaining sugar until the mixture becomes thick and pale. This is called blanching. Add sifted flour and cornstarch, and whisk to combine.
3. Pour approximately half of the heated milk into the yolk mixture. This process is called tempering. Return the yolk mixture to the saucepan, put back on the stove and cook stirring vigorously until the cream boils and thickens. Allow pastry cream to boil for another 2 minutes stirring constantly.
4. Remove the pan from the stove and immediately pour the cream into a clean bowl. Cover by placing plastic wrap on the surface of the cream and leave it to cool down.