



Pastry Cream

INGREDIENTS

- 500 ml milk
- 1 vanilla bean, split lengthways and seeds scraped
- 6 egg yolks
- 100g caster sugar
- 25g plain flour
- 25g corn flour
- 2 tbsp caster sugar for dusting



Makes: 750ml



Prep Time: 5 min



Cooking Time: 15 min

METHOD

1. Sprinkle 2 tbsp of sugar over the base of a large, heavy bottomed saucepan (this will melt and coat the bottom of the pan to help prevent the milk from burning).
2. Bring the milk to just before the boil with the split vanilla bean and remove from the heat.
3. Cream together the egg yolks and sugar and then whisk in the flour and corn flour. (Ensure all the ingredients are well mixed, otherwise the pastry cream will be granular – and remain so!).
4. Remove the vanilla bean from the milk and slowly pour in the hot milk into the egg mixture, whilst continuously whisking (to prevent scrambling).
5. Once well combined, return to the saucepan and place back onto the heat. Once the saucepan is on the heat, don't stop whisking. Bring up to 86°C for 30 seconds (small bubbles will begin to come through). Do not boil. Mix should be a thick ribbon constituency.
6. Transfer to a frozen tray (this cools the mix quicker), and cover the top of the pastry cream with cling film, directly touching the surface (to prevent a skin from forming), and cool in the fridge as quickly as possible.
7. Once cold, it is ready for use.
8. Enjoy!



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