
Pastry Cream

INGREDIENTS

for 450g of cream

- 4 eggs
- 70g of sugar
- 20g of flour
- 25g of cornflour
- 400ml of whole milk
- ½ ts of vanilla extract

METHOD

1. In a mixing bowl, whisk eggs and sugar until they turn a pale gold colour.
2. Add in the flour and cornflour, stir and set aside.
3. Heat the whole milk with vanilla in a saucepan, bring to gentle simmer. Let it cool.
4. Now carefully pour one third of the milk into the bowl with the egg mixture, stir continuously, this will prevent the eggs from scrambling.
5. Take this milk+ eggs mixture and pour it into the remaining milk in the sauce pan.
6. Bring the mixture back to the boil, whisking continuously.
7. Pour the cream into a clean bowl
8. Sit the bowl of pastry cream in another larger bowl of very cold water or ice.
9. When cooled, refrigerate.