

PASTRY CREAM

Whether you are making Cream Puffs, Boston Cream Pie, Eclairs, or some other delicious pastry, you will need a good pastry cream, also known as “Crème Pâtisserie”, or “Crème Pat” for short. Thanks to Martha Stewart, here it is! This is by far the easiest pastry cream recipe I’ve found, it tastes great, has a firm texture, and also has significantly less fat!

INGREDIENTS:

½ Cup Sugar
¼ Cup Corn Starch
2 Cups Whole Milk
4 Egg Yolks
2 Tablespoons Butter
Pinch of Salt
1 teaspoon Vanilla Extract

DIRECTIONS:

In a medium saucepan, whisk together the sugar and the corn starch. Add the milk and the egg yolks and whisk well over medium heat. Once it’s well combined, add the salt and the butter. Continue whisking until it comes to a boil for 1 minute. Remove from heat and whisk in the vanilla.

Strain the Pastry Cream through a sieve into a bowl. Using a rubber spatula to help push it through helps a lot. Cover with plastic wrap and make sure that the plastic is pressed directly to the surface of your cream to prevent a skin from forming. Refrigerate until chilled, at least 2 hours and up to 2 days.

Just before using, whisk until smooth.