

Reduce by 4

PASTRY CREAM

MISE EN PLACE

- Split vanilla bean in half.
- Prepare ice bath.



- 1 Whisking the pastry cream as it comes to a boil.



- 2 Stirring butter into the cooked pastry cream.

YIELD Approximately 3 lb. (1440 g)

METHOD Stirred Custard

Milk	1 qt.	1 lt
Vanilla bean, split	1	1
Granulated sugar	7.5 oz.	225 g
Egg yolks	6 oz. (10 yolks)	180 g
Cornstarch	2.5 oz.	75 g
Unsalted butter (optional)	2 oz.	60 g

- 1 Bring the milk, vanilla bean and 3 ounces (120 grams) of the sugar to a boil in a large nonreactive saucepan.
- 2 Whisk the egg yolks in a mixing bowl. In a separate bowl, combine the remaining sugar and the cornstarch. Whisk the sugar mixture into the egg yolks.
- 3 Temper the yolk mixture with one-quarter to one-third of the boiling milk. Return the yolk mixture to the pan and cook, stirring constantly, until the cream boils and is well thickened. Allow the pastry cream to boil approximately 1 minute, stirring constantly.
- 4 Remove the pastry cream from heat and immediately pour it into a clean bowl.
- 5 Stir in the butter, if using, stirring gently until melted. Do not overmix, as this will thin the custard.
- 6 Place plastic wrap on the surface of the custard to cover. Chill over an ice bath, then refrigerate. Remove the vanilla bean just before using the pastry cream.

Note: When flour or a combination of flour and cornstarch is used to thicken pastry cream, the pastry cream must be boiled longer for the starch to gelatinize and thicken properly. For a firm pastry cream, add an additional 0.5 ounces (15 grams) cornstarch to this formula.

Variations:

Chocolate Pastry Cream—Stir 4 ounces (120 grams) finely chopped semisweet chocolate into the pastry cream while it is still warm. The heat of the custard will melt the chocolate.

Coffee Pastry Cream—Add 1 fluid ounce (30 milliliters) coffee extract or compound to the warm pastry cream.

Coconut Pastry Cream—Replace 16 fluid ounces (480 milliliters) of the milk with an equal amount of unsweetened canned coconut milk.

Mousseline Pastry Cream—Whip 12 fluid ounces (360 milliliters) heavy cream to stiff peaks. Fold the whipped cream into the chilled pastry cream. Yield: 3 pounds 12 ounces (1.8 kilograms)

White Chocolate Mousseline Pastry Cream—Remove the pastry cream from the heat in Step 3 and stir in 10 ounces (300 grams) finely chopped white chocolate and 0.5 fluid ounce (15 milliliters) vanilla extract. Chill the cream to 80°F (27°C), then fold in 8 fluid ounces (360 milliliters) heavy cream whipped to medium peaks. Cover and chill until needed. Yield: 3 pounds 11 ounces (1775 grams)

Chocolate Buttercream Filling—Whip 1 pound (480 grams) butter, 10 ounces (300 grams) powdered sugar and 1 fluid ounce (30 milliliters) vanilla extract in a mixing bowl until light. Add 1 pound 8 ounces (720 grams) cold pastry cream and mix until combined. Turn off the machine and add 14 ounces (420 grams) semisweet chocolate, melted and cooled to 88°F (31°C). Whip until well blended. Yield: 4 pounds (1920 grams)

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 50, **Total fat** 2.5 g, **Saturated fat** 1.5 g, **Cholesterol** 55 mg, **Sodium** 10 mg, **Total carbohydrates** 6 g, **Protein** 1 g

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