

The Pastry cream



Serves :
800 g



Prep :
25 min.



Rest :
Freezing : -
Refrigeration : -



Cook :
Temperature : -
Time : -

Special equipment

Immersion blender

Whisk

List of recipes

The pastry cream



Steps

🌀 **Infuse the milk with vanilla**

Let it rest for 30 minutes to 1 hour, covered

🌀 **Whisk together the egg yolks and sugar until pale and creamy.**

🌀 **Add the cornstarch and flour.**

🌀 **Bring the milk to a boil.**

🌀 **Pour half of the milk into the egg mixture and mix well.**

🌀 **Pour the mixture back into the saucepan and cook**

+Cook for an additional 1 to 2 minutes after reaching a boil

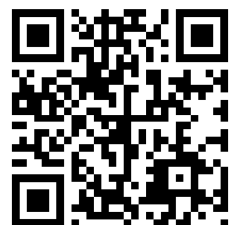
🌀 **Remove from heat and add the cold butter**

The pastry cream

Ingredients

- ☑ 500 g ~ Whole milk
- ☑ 75-90 g ~ Superfine sugar
- ☑ 80 g ~ Egg yolks (x4)
- ☑ 35 g ~ Butter
- ☑ 25 g ~ Pastry cream powder
(or cornstarch)
- ☑ 25 g ~ All-purpose flour
- ☑ A few drops of vanilla extract
or 1 vanilla bean

- In a saucepan, pour 500g of milk.
- Add a split vanilla bean and scrape out the seeds with a knife.
- Heat over medium heat until simmering.
- Remove from heat and let it infuse for 1 hour, covered.
- In a bowl, combine 4 egg yolks and 75g of superfine sugar.
- Whisk the mixture until pale and creamy.
- Add 25g of flour and 25g of pastry cream powder (or cornstarch).
- Mix everything together until smooth and well combined.
- Set aside 35g of butter, cut into small cubes, in the freezer while making the pastry cream.
- Reheat the milk over medium heat.
- When the milk begins to boil, slowly pour half of it into the egg mixture while whisking to ensure a homogeneous mixture.
- Pour the mixture back into the remaining boiling milk.
- Remove from heat and continue whisking until thickened.
- Place the saucepan back on medium heat.
- Once the cream starts to bubble, continue stirring constantly for 1 to 2 minutes. The cream should be thick at first and gradually become more liquid.
- Remove from heat and add the frozen butter cubes. Whisk again.
- Transfer the pastry cream to a dish and cover it with plastic wrap, making sure it touches the surface of the cream to prevent a skin from forming..



Tips

Pastry cream always contains milk, egg yolks (or whole eggs), sugar, flour (or cornstarch), and vanilla. Sometimes, butter is added after cooking to enhance the flavor and make it creamier.

❖ Whole eggs, egg yolks, or a combination of both?

It's a matter of taste. Eggs serve to thicken the cream and add flavor. In addition to proteins, egg yolks also contain fats and lecithin (a natural emulsifier), which give a silky texture and a beautiful yellow color to the pastry cream. The egg whites, on the other hand, mainly provide firmness as they consist mainly of proteins. However, the proteins in eggs alone are not enough to achieve the desired consistency of pastry cream. They need assistance from flour or cornstarch.

❖ Flour or cornstarch?

Pastry cream made solely with flour results in a slightly more opaque and whitish appearance with a firmer and slightly more pasty texture compared to the one made with cornstarch. On the other hand, pastry cream made only with cornstarch has a slightly more yellow color and a silkier texture in the mouth, although it can sometimes be slightly sticky. What if we combine both? By combining them, we can benefit from the strengths of each while avoiding any drawbacks.

If you have a recipe that uses only flour and you want to use cornstarch (or vice versa), you can replace flour with cornstarch following a ratio of 100g of cornstarch for 120g of flour

❖ Milk?

The choice of milk has little impact on the success of pastry cream. However, in terms of flavor, whole milk will yield better results than skim milk. Therefore, when infusing the milk, it is preferable to use whole milk.

❖ Cooking:

For perfect cooking, it is essential to cook the pastry cream for an additional 1 to 2 minutes once it reaches boiling point. This ensures maximum swelling of the starch.

❖ Cool without stirring too much:

Otherwise, the pastry cream may become runny. The highly swollen structure of the starch granules is very fragile. Vigorous stirring after cooking can cause them to "collapse" and make the pastry cream more liquid.

Tips (continued)

❖ Freezing:

If the butter is not present in sufficient quantity (more than 250 g per liter of milk), pastry creams containing only CORNSTARCH as a thickener do not freeze well.

Pastry creams containing only FLOUR as a thickener can be frozen, whether it is bread flour or not.

Creams containing MIXTURES OF FLOUR AND STARCH can be frozen if the flour is dominant: the custard powder should be dosed at less than 40 g and the flour at more than 80 g per liter of milk.

A cream containing equal parts custard powder and flour generally does not freeze well.

The pastry cream that freezes best contains 100 g of flour and 20 g of starch (or custard powder).

If the pastry cream contains cornstarch but no butter, it does not freeze well because regular cornstarch does not stabilize water enough, unlike flour.

Here is a pastry cream recipe that freezes very well:

- Whole milk: 500 g
- Egg yolks: 80 g
- Sugar: 115 g
- Flour: 50 g
- Cornstarch: 10 g
- Butter: 50 g

❖ Pastry cream powder?

Common hot pastry cream powders contain about 97% cornstarch.

The rest is composed of vanilla flavoring, colorings, and sometimes sugar or other thickeners besides starch.