

The diplomat cream

with mascarpone



Serves :

-



Prep :

30 min.



Rest :

Freezing : -
Refrigeration : 2h



Cook :

Temperature : -
Time : -

Special equipment

Stand mixer

Whisk

List of recipes

- ✓ Pastry cream
- ✓ Diplomat cream (with whipped cream added)



Steps

🌀 **Preparing the gelatin**

Refrigerate for a minimum of 20 minutes

🌀 **Vanilla/milk infusion**

30 min. to 1h

🌀 **Whisk together egg yolks and sugar until pale**

🌀 **Add flour and cornstarch**

🌀 **Bring the milk to a boil**

🌀 **Pour half of the milk and mix**

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

+1 to 2 minutes from boiling point

🌀 **Remove from heat and add the gelatin**

Refrigerate for a minimum of 2 hours

🌀 **Whip the cream/mascarpone**

Refrigerate

🌀 **Lighten the pastry cream**

🌀 **Mix whipped cream and pastry cream together**

The diplomat cream

Ingredients

- ☑ 500 g ~ Whole milk
- ☑ 80 g ~ Egg yolks (x4-5)
- ☑ 120 g ~ Superfine sugar
- ☑ 30 g ~ Cornstarch
- ☑ 20 g ~ Pastry flour
- ☑ 1 vanilla bean
- ☑ 250 g ~ Whipping cream (+30% fat)
- ☑ 125 g ~ Mascarpone
- ☑ 8 g ~ Gelatin (4 sheets 200 blooms)

Making the vanilla pastry cream:

- Soak 4 gelatin sheets (8 g) in a large bowl of cold water (or dissolve 8 g of powdered gelatin 200 blooms in 48 g of water). Refrigerate for a minimum of 20 minutes.
- Pour 500 g of whole milk into a large saucepan. Scrape the seeds from a vanilla bean and add both the bean and the seeds to the milk. Heat the milk over medium heat until it reaches boiling point. Stir often to prevent the milk from sticking to the bottom of the saucepan. Let it infuse covered for 1 hour.
- In a mixing bowl, whisk together 4-5 egg yolks (80 g) and 120 g of superfine sugar until pale. Add 30 g of cornstarch (cornflour) and 20 g of pastry flour. Mix with a whisk until a smooth mixture is obtained.
- Heat the milk again over medium heat. When the milk starts to boil, pour it over the egg yolk mixture and whisk continuously. Transfer the mixture back into the saucepan and heat again over medium heat. Whisk constantly. When the mixture reaches a gentle boil, continue whisking for 1 to 2 minutes.
- Remove the saucepan from the heat and whisk for an additional minute. Add the squeezed gelatin and mix until the gelatin is completely dissolved. Pour the mixture into a large dish, cover with plastic wrap in contact with the surface, and refrigerate for a minimum of 2 hours. Make sure the cream is below 30°C.
- Place the bowl of the stand mixer and the whisk attachment in the freezer.

Making the vanilla diplomat cream:

- Two hours later, whisk 125 g of mascarpone and 250 g of whipping cream in a stand mixer, gradually increasing the speed, until a firm consistency is achieved. Transfer to a chilled container and refrigerate.
- Take the pastry cream out of the refrigerator and place it in the stand mixer bowl (no need to clean it). Whisk the cream until any lumps has completely dissolved. Make sure to remove the vanilla bean beforehand. The cream should be smooth and silky.
- Add the whipped cream in 3-4 additions and fold it in using a rubber spatula. Maintain the motion of lifting from the bottom while turning the bowl.
- Transfer the diplomat cream to a piping bag and refrigerate it while proceeding with the next steps.



❖ With or without mascarpone:

This version (with mascarpone) is more specific to assembling a fraiser cake.

A "crème diplomate" traditionally does not include mascarpone.

In reality, it is a pastry cream to which whipped cream is added. The ratio to respect is 2 to 1, meaning double the weight of pastry cream compared to the weight of whipped cream.

❖ Crème madame:

This is another name for crème diplomate.

The quantities are slightly different:

- Pastry cream: 500 g
- Gelatin: 8 g
- Lightly sweetened whipped cream (chantilly): 350 g

❖ Traditional recipe for diplomat cream :

- 500 g whole milk
 - 100 g whole eggs (x2)
 - 100 g superfine sugar
 - 25 g cornstarch
 - 25 g flour
 - 50 g butter
 - 250 g whipping cream (+30% fat)
- ✓ Prepare the work surface and weigh the ingredients.
 - ✓ Heat the milk with half of the sugar.
 - ✓ Whisk the eggs with the remaining sugar until pale.
 - ✓ Add the sifted cornstarch and flour.
 - ✓ When the milk boils, loosen the mixture (eggs + sugar) to bring it to temperature.
 - ✓ Pour it back into the saucepan and cook.
 - ✓ Pasteurize for 3 minutes.
 - ✓ Once the cream is cooked, add the butter and flavoring.
 - ✓ Transfer the cream to a disinfected stainless steel sheet, cover with plastic wrap, and cool rapidly to +4°C/39°F.
 - ✓ Using a mixer, beat the heavy cream.
 - ✓ Smooth the pastry cream with a rubber spatula, then with a whisk, add the whipped cream in three additions.
 - ✓ Use immediately.