

PASTRY CREAM

Milk/cream	2 qts.	1 qt.	1 pt.
Cornstarch	7 to 10.5 oz	3 $\frac{1}{2}$ to 5.25 oz	2 to 3 oz
Sugar	1 #	8 oz.	4 oz.
Eggs	4	2	1
Yolks	16	8	4
Butter	Anywhere from 1 teaspoon to 1 tablespoon		
Vanilla	1 oz.	$\frac{1}{2}$ oz.	$\frac{1}{4}$ oz.
Or vanilla bean	1	$\frac{1}{2}$	$\frac{1}{4}$

Method:

- 1) Heat milk, cream, vanilla and a little of the sugar to the boil.
- 2) Dissolve cornstarch in $\frac{1}{8}$ of the hot milk mixture and reserve.
- 3) Whisk whole eggs, yolks and sugar until a ribbon forms.
- 4) Temper egg mixture by whisking in $\frac{1}{3}$ of the hot milk/cream mixture together stirring/whisking constantly.
- 5) Heat the milk/cream and egg mixture to the boil for 1 to 2 minutes then add the cornstarch and stir constantly until nape is achieved. (Nape means you can run your finger on the back of a spoon and the custard will hold the line.)
- 6) Remove custard from heat and whisk in the butter to finish the custard.
- 7) Pour the custard into a stainless steel pan. Press plastic wrap directly on the surface. Chill immediately.

Note:

- The amount of butter added will determine the softness of the custard.
- Starch prevents the egg proteins from curdling so this can be prepared in a saucepot without the need of a double boiler.
- Stir any additions or flavorings while the pastry cream is warm to hot.
- It is necessary to bring the egg mixture to the boil to kill an enzyme that may otherwise thin the custard to an undesired consistency.
- The amount of cornstarch will increase or decrease the thickness of your pastry cream.
- Allowing the pastry cream to set by chilling is necessary to determine the actual consistency.

Flavoring The Pastry Cream:

Chocolate Pastry Cream

Semisweet chocolate	24 oz.	12 oz.	6 oz.
Water	8 oz.	4 oz.	2 oz.

Cut the chocolate finely. Bring water to a boil in a saucepan; remove from heat. Add chocolate; beat smooth with a hand whip. Add to pastry cream with butter and vanilla.

Praline Pastry Cream

Praline paste	1 $\frac{1}{2}$ #	12 oz.	6 oz.
---------------	-------------------	--------	-------

Beat into pastry cream with butter and vanilla.

Coffee Pastry Cream

Instant espresso	4 tb.	2 tb.	1 tb.
Boiling water	1 oz.	$\frac{1}{2}$ oz.	$\frac{1}{2}$ oz.

Dissolve espresso powder in boiling water. Beat into pastry cream with butter and vanilla.

Liqueur Pastry Cream

Liqueur	12 oz.	6 oz.	3 oz.
---------	--------	-------	-------

Beat into pastry cream with butter and vanilla.

LIGHTENED PASTRY CREAM

Heavy cream	2 qts.	1 qt.	1 pt.
Gelatin	18 leaves	9 leaves	$4 \frac{1}{2}$ leaves
Pastry cream	7 #	$3 \frac{1}{2}$ #	$1 \frac{3}{4}$ #

Beat heavy cream with whip on medium speed until it holds its shape. Soak gelatin in cold water until limp and softened. Squeeze gelatin to extract as much water as possible. Place in a bowl over gently simmering water; heat until melted. Beat pastry cream with the whip on second speed, scraping down side of bowl twice. Add dissolved gelatin on first speed, scraping down once. Remove from mixer. Fold in heavy cream by hand. Transfer the mixture to a plastic container. Cover surface with plastic wrap. Refrigerate to set.

If the pastry cream is unflavored, add flavoring while beating the pastry cream smooth. Add liquid flavoring, such as liqueur, to dissolved gelatin, mixing into the pastry cream with the gelatin.