

Crème pâtissier



Recipe By Munch Master

Ref: 642

Heading: Puddings

Cuisine: French

Food Type: Vegetarian

No of Portions: 8

Ingredients & Prep

250 ml Whole milk

3 Egg yolks

50 g Caster sugar

10 g Plain flour

10 g Cornflour

1 tsp Vanilla extract or paste

Method

Step 1 - In a bowl place the egg, sugar, both flours & Vanilla, whisk altogether into a smooth paste.

Step 2 - Pour milk into a saucepan & bring to a simmer, then pour the hot milk into the egg mixture whisking vigorously until all the milk is mixed in well, pour mixture back in to the saucepan.

Step 3 - Place pan on a low heat & stir with a wooden spoon constantly getting into the corners to stop it catching, don't worry if it goes lumpy just give it a good whisk, take off the heat when thick & it starts to bubble.

Step 4 - When cooked place a layer of cling film over the surface of the patisserie to stop a skin forming, allow to cool, then it will keep in the fridge up to a 3 days.

Suggestion & Tips

This is best used for pastries as it has a firmer texture then custard.