

**WHEN YOU'RE STRETCHING YOUR DOLLARS,
GET THE BAG THAT RETURNS THE FAVOR.**



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CRÈME PATISSIERE

INFO

- **COURSE:**
Dessert
- **TOTAL TIME:**
Under 1 Hour
- **SKILL LEVEL:**
Moderate
- **COST:**
Inexpensive



Chef Academy, Season 1, Episode 4

INGREDIENTS

- 1 Cup All purpose flour
- 4 medium egg yolks
- 1 oz Custard powder
- 17 fl oz Milk
- 6.2 oz caster sugar
- 1 Vanilla Pod

DIRECTIONS

1. Tip the flour, custard powder into a bowl and combine well together add the egg yolks and a little of the milk to form a thin batter.
2. Pour the remaining milk into a heavy based pan adding the sugar and vanilla. Stir to the boil to dissolve the sugar. Remove from the heat and pour onto the batter continually mixing, until a paste is formed.
3. Pour back into the pan and bring back to the boil. Turn down the heat immediately to low and cook, continually stirring with a wooden spoon until thickened. Remove the vanilla pod. (It is important to turn down the heat quickly to prevent the custard from catching on the bottom of the pan.)
4. Pour into a container and allow to cool, covered with cling film to prevent a skin from forming. Chill well before use.

NOTES

- For a lighter cream, add 2 tablespoons kirsch and 5 fl oz whipping cream to 6 fl oz of the basic recipe.
- Chocolate can be added to the milk and dissolved but depending on the sweetness of the chocolate the sugar content may have to be adjusted.

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