

## Confectioner's custard (Crème pâtissière, or French pastry cream )



For 900 g, you will need:

- 6 egg yolks
- 100 g caster sugar
- 500 g milk
- 40 g cornflour
- 1 vanilla pod

Ready in: 3 min.

- Pour 500 g milk into a pan, and add the inside of 1 vanilla pod (the little black seeds) after carefully scraping them out with the tip a knife. Bring to the boil on medium heat. As soon as it boils, take off the heat, cover and leave vanilla to infuse 10 minutes.
- Meanwhile, put 6 egg yolks in a bowl and add 100 g caster sugar, and without delay beat to mix thoroughly. It is not necessary to beat for a long time to whiten, so it can be done by hand with a whisk in one or two minutes.
- Add then 40 g cornflour, and beat again with the whisk.
- Then slowly pour the hot milk onto the mixture while beating continuously until thoroughly mixed.
- Transfer the mixture back into the pan.
- Unlike for crème anglaise or crème brûlée, it is not essential to remove the froth, it will get mixed in during cooking. But it's better...
- Put the pan on low-medium heat, and cook gently while beating continuously. It's important to scrape the whisk over the bottom of the pan to avoid custard sticking.
- Cooking is complete when custard is of a good consistency, in other words like a thickish purée, but not too firm.. The custard thickens quite quickly, especially if the heat is high, so do not to hesitate to take pan off heat, while continuing to stir, if this happens. Also, remember that your custard will continue cooking for a little while after being removed from the heat, so bear this in mind when deciding at what point to stop...
- Once custard is finished, cover the pan to avoid a skin forming. Later, if you use the custard cold and it is too stiff, beat one or two tablespoonsful of cream into it vigorously.