

Richmond Hill Culinary Arts Centre

Desserts

Crème Pâtissier

Ingredients

2 ¼ cups	Milk
1 pc	Vanilla Bean or 2 tsp Vanilla Essence
5 pcs	Egg Yolks
6 - 10 tbs	Sugar
¼ cup	Flour (optional, for thicker consistency)
2 tbs	Corn Starch

Method

- Bring the milk and vanilla bean to a boil (if you are using the essence, add it later)
- In a separate bowl, whisk the yolks, sugar and flour combination (sift the flour and cornstarch and blend it with the flour, it helps prevent the flour from clumping together)
- Stream the milk into the yolk mixture, whisking it continuously to prevent the yolks from scorching
- Transfer the mixture into a clean saucepot and bring it to a simmer, whisking it constantly especially at the bottom of the pot, to thicken the cream (do not let it reach a rapid boil as it may scorch at the bottom of the sauce)
- As the cream cools, it will firm up even more