

Pastry Cream

Ingredients

4 g of gelatin leaves

1/2 L of milk

2 vanilla pods or 2 tbsp vanilla extract

120 g caster sugar

50g cornstarch

120 g of egg yolks

50g butter

Preparation

1. Soak the gelatin in cold water
2. Gently heat the milk with the vanilla until it boils
3. Mix the egg yolks, sugar and cornstarch well to obtain a homogeneous mixture.
4. Add to the hot milk, and return to cook over low heat, stirring constantly with a wooden spoon: the mixture will thicken. As soon as the consistency becomes thick, stop cooking and add the butter and gelatin
5. Cool the pastry cream in the fridge, covering it: for example in a small Pyrex dish with a lid.

You can add rum to this pastry cream.

It can also be flavored with pistachio by adding 40g of pistachio paste diluted in 40g of liquid crème fraîche.