

Creme Patisserie

1½ cup sugar
1 TBLS butter, soften
2 whole eggs

4 TSPS vanilla extract
¾ cup sifted all-purpose flour
4 cups milk, brought to a boil

5 eggs yokes
Optional: ½ cup butter, softened

The number of egg yolks largely determines the quality of the cream. 1-2 whole eggs may substitute for a portion of the egg yolks, but this method is not recommended when the cream will be used in soufflés.

Use 2 saucepans. One should be heavy, preferably enamelware. Never use aluminum. Off the heat, add the sugar and the 5 egg yolks into the heavy-bottomed saucepan. Add 1 egg yolk at a time to the sugar, beating the mixture with a whisk or wooden spoon after each addition until the sugar has been gradually absorbed by the egg yolks. When the sugar is absorbed, beat the mixture energetically until white, very thick, and creamy. Add the flour, together with 1 whole egg. Beat until the mixture is smooth and homogenized. Beat in the second whole egg.

Place the saucepan over low heat to warm up the contents slightly, beating constantly.

Pour the boiling milk all at once into the mixture and stir rapidly to blend. Continue cooking and stirring, scraping the bottom of the saucepan constantly. When the mixture begins to bubble, cook for 3 minutes. Pour the cream into a bowl and add the vanilla.

Butter the top surface of the cream immediately, either by rubbing the surface with a tablespoon of butter, or dotting it with bits and spreading these around with the back of a spoon. This will prevent a crust forming on the surface.