



Crème Patisserie – Pastry Cream

Ingredients

500ml Milk
1 tsp Vanilla extract – or a flavour of your choice
6 x Egg yolks
120g Caster Sugar
60g Plain flour

Method

- In a bowl whisk together the egg yolk and 60g of the sugar until pale and fluffy, then add the flour and mix well
- Meanwhile in a heavy bottom saucepan bring the milk, vanilla extract and remaining sugar to the boil, once boiled pour over the egg, and mix well, then pour it back into the pan.
- Place the pan back on to the stove and slowly bring the mixture back up to temperature, as it gets hotter and the flour begins to cook it will start to thicken, stir continuously until the mix is thick and a paste like consistency.
- Remove from the heat and place into a bowl or container and cover lightly with clingfilm to prevent a skin forming. Once cooled you can then use the pastry cream to fill your choux buns.

Dan x