



Boston Cream Pie

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



465 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.3 cups cake flour
- ☐ 0.3 cup cornstarch
- ☐ 2 large eggs plus 4 egg yolks
- ☐ 4 large eggs at room temperature
- ☐ 0.5 cup heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch salt

- ☐ 4 ounces bittersweet chocolate finely chopped
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 10 servings butter unsalted for the pan
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup milk whole
- ☐ 1.5 cups milk whole

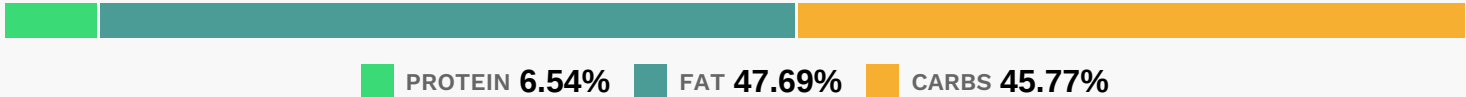
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ toothpicks
- ☐ cake form
- ☐ stand mixer
- ☐ spatula
- ☐ offset spatula
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 350 degrees F. Butter a 9-inch-round cake pan. Fold a sheet of parchment paper into a square, then fold it in half into a triangle. Fold the triangle in half.
- ☐ Put the tip of the triangle in the center of the pan; trim the parchment, following the curve of the pan. Unfold the parchment circle and line the pan.
- ☐ Make the cake: Sift the flour, baking powder and salt into a large bowl. Beat the eggs and sugar in a stand mixer fitted with the whisk attachment on high speed until pale and tripled in volume, about 15 minutes. Gently fold in the flour mixture in two additions using a rubber spatula, scraping down the bowl.
- ☐ Add the milk, vegetable oil and vanilla and beat with the mixer until combined.
- ☐ Pour the batter into the prepared pan and bake until a toothpick inserted into the center comes out clean, 25 to 30 minutes.
- ☐ Transfer the pan to a rack and let cool 10 minutes, then invert the cake onto the rack. Invert again and cool completely.
- ☐ Heat the milk and vanilla in a medium saucepan over medium heat (do not boil).
- ☐ Whisk the whole eggs, egg yolks and sugar in a large bowl until light and fluffy.
- ☐ Add the cornstarch and salt and whisk vigorously until no lumps remain.
- ☐ Whisk about 1/4 cup of the hot milk mixture into the egg mixture, then gradually whisk in the remaining hot milk mixture.
- ☐ Pour the egg-milk mixture into the saucepan and cook over low heat, whisking constantly, until thick and pudding-like, 10 to 15 minutes. Strain through a fine-mesh sieve into a bowl, using a rubber spatula to push the pudding through.
- ☐ Let cool slightly, stirring occasionally. Press plastic wrap directly onto the surface of the pudding and refrigerate at least 2 hours.
- ☐ Stick toothpicks around the side of the cake as a guide for cutting two even layers, then slice the cake in half horizontally with a long serrated knife.
- ☐ Place the bottom half of the cake cut-side up on a platter. Top with the pudding, spreading it to about 1/4 inch from the edge. Carefully place the other cake half on top, cut-side down, pressing gently.
- ☐ Heat the chocolate, cream, vanilla and salt in a saucepan over medium-low heat, stirring, until melted and smooth, about 2 minutes.
- ☐ Let cool about 5 minutes, then pour over the cake and smooth with an offset spatula. Refrigerate at least 30 minutes or up to 4 hours before serving.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:29.25, Inflammation Score:-4, Nutrition Score:8.6256521668123%

Nutrients (% of daily need)

Calories: 464.53kcal (23.23%), Fat: 24.68g (37.98%), Saturated Fat: 10.81g (67.56%), Carbohydrates: 53.3g (17.77%), Net Carbohydrates: 51.99g (18.91%), Sugar: 37.17g (41.3%), Cholesterol: 141.85mg (47.28%), Sodium: 158.95mg (6.91%), Alcohol: 0.62g (100%), Alcohol %: 0.49% (100%), Caffeine: 9.75mg (3.25%), Protein: 7.62g (15.23%), Selenium: 16.8µg (24.01%), Phosphorus: 164.18mg (16.42%), Manganese: 0.29mg (14.55%), Vitamin K: 15.19µg (14.46%), Vitamin B2: 0.22mg (13.12%), Calcium: 118.14mg (11.81%), Vitamin A: 541.95IU (10.84%), Copper: 0.19mg (9.73%), Vitamin B12: 0.56µg (9.26%), Vitamin D: 1.39µg (9.24%), Vitamin E: 1.27mg (8.48%), Magnesium: 33.64mg (8.41%), Iron: 1.39mg (7.73%), Vitamin B5: 0.73mg (7.29%), Zinc: 1.01mg (6.73%), Potassium: 200.39mg (5.73%), Fiber: 1.31g (5.25%), Folate: 20.15µg (5.04%), Vitamin B6: 0.09mg (4.5%), Vitamin B1: 0.06mg (4.02%), Vitamin B3: 0.34mg (1.68%)