



Caramel Pastry Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



620 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 4 large egg yolks
- ☐ 2.7 cups milk
- ☐ 1.5 cups sugar
- ☐ 1.5 cups whipping cream

Equipment

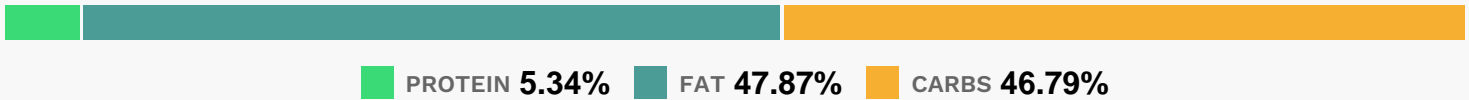
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In a 10- to 12-inch nonstick frying pan over medium-high heat, tilt and stir sugar until melted and amber-colored, 8 to 10 minutes.
- ☐ Pour onto a sheet of foil (about 12 by 18 in.) and let cool to room temperature, about 20 minutes. Peel off foil and break caramel into chunks; put in a food processor or blender and whirl into a fine powder.
- ☐ Combine milk and caramel powder in a 1 1/2- to 2-quart pan; stir over medium heat just until caramel is dissolved (it will form lumps, then melt; do not boil), 9 to 10 minutes.
- ☐ In a small bowl, beat egg yolks to blend.
- ☐ Add cornstarch and whisk until smooth.
- ☐ Pour about 1/2 cup of the hot milk mixture into yolks and whisk until blended, then whisk yolk mixture into pan and stir over medium-high heat just until mixture boils and thickens, 3 to 4 minutes.
- ☐ Rub pastry cream through a fine strainer set over a bowl; discard residue. Cover pastry cream and chill about 1 hour, or nest bowl in ice water and stir until cool, about 30 minutes.
- ☐ In a large bowl, with a mixer on high speed, beat the whipping cream until it holds soft peaks. Gently stir the whipped cream into the cool pastry cream.

Nutrition Facts



Properties

Glycemic Index:21.62, Glycemic Load:44.2, Inflammation Score:-6, Nutrition Score:9.7495651445959%

Nutrients (% of daily need)

Calories: 620.02kcal (31%), Fat: 33.74g (51.91%), Saturated Fat: 20.14g (125.89%), Carbohydrates: 74.19g (24.73%), Net Carbohydrates: 74.14g (26.96%), Sugar: 68.3g (75.89%), Cholesterol: 243.18mg (81.06%), Sodium: 76.43mg (3.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.95%), Vitamin A: 1456.51IU (29.13%), Vitamin B2: 0.4mg (23.35%), Phosphorus: 226.72mg (22.67%), Calcium: 225.46mg (22.55%), Vitamin D: 3.31µg (22.06%), Selenium: 12.77µg (18.24%), Vitamin B12: 1.08µg (18.04%), Vitamin B5: 1.07mg (10.74%), Potassium: 279.25mg (7.98%), Vitamin B6: 0.15mg (7.6%), Vitamin B1: 0.11mg (7.41%), Vitamin E: 1.07mg (7.15%), Zinc: 1.03mg (6.85%), Folate: 22.71µg (5.68%), Magnesium: 21.49mg (5.37%), Iron: 0.5mg (2.79%), Vitamin K: 2.77µg (2.64%), Copper: 0.03mg (1.35%)