



## Chocolate Pastry Cream

 Gluten Free

READY IN



180 min.

SERVINGS



2

CALORIES



2117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 7 ounces bittersweet chocolate melted
- ☐ 3 tablespoons butter
- ☐ 3.5 ounces cornstarch
- ☐ 4 egg yolk
- ☐ 2 eggs
- ☐ 8.8 ounces granulated sugar divided
- ☐ 5 ounces cup heavy whipping cream chilled soft (for lightening)
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon vanilla extract
- ☐ 1 quart milk whole

## Equipment

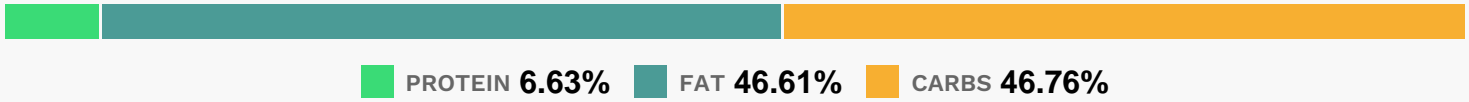
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula

## Directions

- ☐ Dampen the surface of a sheet tray and line the bottom and sides with plastic wrap. Keep the roll of plastic wrap handy, and set aside. Melt the chocolate and hold it warm in a bowl set over some hot water.
- ☐ In a medium sized bowl, combine the starch and half the sugar and whisk together until incorporated.
- ☐ Add the eggs and yolks and whisk for 2 minutes without stopping. Set aside. In a medium saucepan, combine half the sugar, milk, salt and stir. Set over medium heat and bring to a simmer. Temper the egg mixture with the hot milk a little at a time, whisking thoroughly between additions.
- ☐ Pour the liquid back into the pot and whisk over low heat.
- ☐ Continue to whisk as the mixture thickens.
- ☐ Whisk through the lumps until the pastry cream becomes smooth. When it begins to bubble, whisk for two additional minutes, then remove from heat.
- ☐ Whisk in the butter and vanilla extract until they melt and fully incorporate. With a large rubber spatula, stir in the warm, melted chocolate until it is fully blended. Scrape the pastry cream onto the prepared sheet and press another layer of plastic over the surface. Allow it to cool to room temperature.
- ☐ Transfer to the fridge to chill for at least two hours.

- ☐ Before using, place the pastry cream in the bowl of a stand mixer fitted with a paddle attachment and whip for 1 minute, taking care to scrape down the sides. Stop when the pastry cream is smooth and supple. Use immediately, or, if you'd like to lighten it, fold in the chilled whipped cream.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:79.05, Glycemic Load:95.48, Inflammation Score:-9, Nutrition Score:45.17347806433%

## Nutrients (% of daily need)

Calories: 2116.77kcal (105.84%), Fat: 109.92g (169.11%), Saturated Fat: 62.58g (391.1%), Carbohydrates: 248.09g (82.7%), Net Carbohydrates: 239.7g (87.16%), Sugar: 186.94g (207.71%), Cholesterol: 740.45mg (246.82%), Sodium: 1011.32mg (43.97%), Alcohol: 2.24g (100%), Alcohol %: 0.31% (100%), Caffeine: 85.33mg (28.44%), Protein: 35.18g (70.37%), Phosphorus: 1016.4mg (101.64%), Selenium: 55.47µg (79.24%), Calcium: 769.74mg (76.97%), Vitamin B2: 1.26mg (74.3%), Manganese: 1.41mg (70.71%), Copper: 1.35mg (67.45%), Vitamin B12: 3.98µg (66.27%), Vitamin A: 3139.51IU (62.79%), Magnesium: 246.16mg (61.54%), Vitamin D: 9.16µg (61.09%), Iron: 8.41mg (46.71%), Potassium: 1458.41mg (41.67%), Zinc: 6.2mg (41.37%), Vitamin B5: 4.02mg (40.2%), Fiber: 8.38g (33.54%), Vitamin B6: 0.55mg (27.51%), Vitamin B1: 0.39mg (26.24%), Vitamin E: 3.35mg (22.35%), Folate: 76.71µg (19.18%), Vitamin K: 12.69µg (12.08%), Vitamin B3: 1.45mg (7.26%)