



My Favorite Pastry Cream

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



735 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs
- ☐ 2 large egg yolks
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup optional — of whipping cream (to lighten if desired)
- ☐ 2 cups milk whole

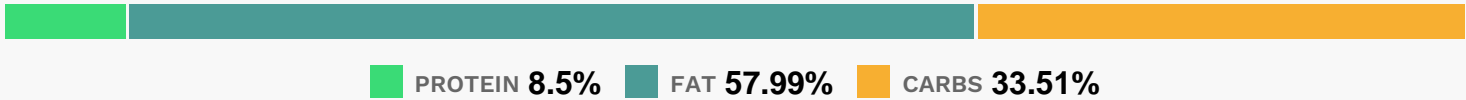
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve

Directions

- ☐ In a heavy 3 quart saucepan, combine the milk and 1/4 cup of sugar. Bring to a gentle simmer over medium heat.Meanwhile, whisk the egg yolks, egg, cornstarch and remaining 1/3 cup of the sugar together in a mixing bowl until thick and yellow.Very gradually, whisk the hot milk mixture into the egg yolks. Once it is all added, pour the mixture back into the saucepan with the saucepan set over medium low heat.
- ☐ Whisk mixture over medium low heat until it is as thick as pudding and starts to boil (thick, gloppy bubbles will appear. If your mixture doesn't thicken in 5 minutes, raise the heat a tiny bit. Different stoves and gas vs. heat might affect the rate at which your cream thickens).Set a sieve over a clean bowl and pour the pudding through the sieve and into the bowl.
- ☐ Add the butter and vanilla to the hot pudding and stir well.Put a circle of parchment paper over the mixture to keep a skin from forming and let cool at room temperature for about 30 minutes.
- ☐ Transfer to the refrigerator.If you want to lighten the texture or make it less sweet, whip 1/2 cup to 1 cup of whipped cream and fold it into the cooled cream. If you add the extra whipping cream, you might also want to throw in a little extra vanilla extract.

Nutrition Facts



Properties

Glycemic Index:79.05, Glycemic Load:27.6, Inflammation Score:-7, Nutrition Score:16.47478265866%

Nutrients (% of daily need)

Calories: 734.62kcal (36.73%), Fat: 47.64g (73.29%), Saturated Fat: 27.83g (173.92%), Carbohydrates: 61.94g (20.65%), Net Carbohydrates: 61.8g (22.47%), Sugar: 47.19g (52.43%), Cholesterol: 403.21mg (134.4%), Sodium: 244.42mg (10.63%), Alcohol: 0.69g (100%), Alcohol %: 0.21% (100%), Protein: 15.71g (31.42%), Phosphorus: 402.31mg (40.23%), Vitamin A: 1999.93IU (40%), Vitamin B2: 0.67mg (39.15%), Calcium: 379.55mg (37.96%), Selenium: 24.4µg (34.86%), Vitamin D: 5.05µg (33.69%), Vitamin B12: 1.99µg (33.18%), Vitamin B5: 1.97mg (19.69%), Potassium: 483.02mg (13.8%), Vitamin B6: 0.27mg (13.63%), Vitamin B1: 0.19mg (12.63%), Zinc: 1.88mg (12.56%), Vitamin E: 1.7mg (11.3%), Folate: 39.37µg (9.84%), Magnesium: 38.29mg (9.57%), Iron: 1.06mg (5.88%), Vitamin K: 3.81µg (3.63%), Copper: 0.05mg (2.59%), Manganese: 0.04mg (2.06%), Vitamin B3: 0.33mg (1.66%)