



THE
LITTLE FRENCH BAKERY

PASTRY CREME (CRÈME PÂTISSIÈRE)

500 ml milk

4 yolks from large eggs

125 gm sugar

30 gm cornstarch

30 gm flour

1 vanilla bean

1 T Grand Marnier or to taste (optional)

Directions:

1. Line a shallow baking pan with plastic wrap.
2. Using a paring knife, slice the vanilla bean lengthwise through one side as if slicing a tube. Using the back side of the knife, slide it down the length of the exposed bean to scrape out the seeds. Remove seeds from vanilla bean.
3. In a saucepan, add the milk, vanilla seeds, the bean pod and 1/2 of the sugar.
4. Heat to a simmer.
5. While the milk is heating, whisk the egg yolks with the remaining sugar in a large heat proof bowl. Then add the cornstarch and flour. Mixing completely.
6. Remove the vanilla bean pod from the milk. Pour 1/2 or less of the warm milk into the bowl over the egg mixture and whisk until smooth. Increase the heat under the milk to a very slow boil.
7. Pour the egg mixture back into the pan, whisking quickly and constantly until the mixture forms a smooth, glossy cream and the cream "burps" a bubble in the pan.

8. Pour cream into the lined pan, folding the wrap and pressing on to the hot cream. Be careful, it's hot!
9. Chill until completely cool.
10. Remove plastic wrap and put the cream in a bowl. Whisk until smooth, then add Grand Marnier or other liqueur. This is the time to add vanilla extract if you did not use a vanilla bean.
11. Your pastry cream is ready for your favorite pastry! It will keep for about 2 days and must be refrigerated.