

## CONFECTIONER CREAM OR CRÉME PÂTISSIÈRE



### **Ingredients (yields 1 liter):**

1 milk of milk

200 g of sugar

8 egg yolks

90 g cornstarch

½ vanilla bean or 1 tsp vanilla essence

**Preparation:**

1. Heat the milk with the vanilla bean until it begins to boil.
2. Remove the vanilla bean, remove from heat and let cool slightly.
3. Beat the egg yolks with sugar until light and creamy.
4. Add the cornstarch and mix well.
5. Add milk to egg yolk mixture gradually and mix well
6. Return the cream to the pan and bring to low heat and stir continuously until the mixture thickens and boils.
7. Take care not to stick to the bottom of the pan.
8. Remove from heat and place in a bowl and cover with PVC film glued to the cream so as not to create a crust when it gets cold.
9. Allow to cool and before use beat until creamy.
10. Cream is kept in the fridge for up to 3 days.
11. The cream serves to fill some desserts, cakes, carolinas, profiteroles and éclairs.
12. For chocolate cream confectioner add 50 g of chocolate powder.