

Pastry Cream

Source: Time-Life Pies and Pastries

Ingredients

- ½ cup sugar
- 5 or 6 egg yolks
- ¼ cup flour
- salt
- 2 cups milk
- 2" piece vanilla bean (or vanilla extract)

Method

With a whisk, mix together the sugar and egg yolks, beating until the mixture is thick and cream colored. Gradually work in the flour and season with a pinch of salt.

In a heavy saucepan, combine the milk with the vanilla bean, and bring the milk to a boil. Remove the vanilla bean. Stirring constantly, pour the hot milk into the egg mixture in a thin stream. Strain the egg-milk mixture into the saucepan and beating vigorously, (never stop beating!) cook over medium heat until the pastry cream comes to a boil. Boil for about two minutes.

Remove the pan from the heat and let the pastry cream cool, stirring it occasionally to prevent a skin from forming.

The pastry cream may safely be kept refrigerated in a covered bowl for two days.

Joy of Cooking

Scald 1½ cup milk and 1 vanilla bean

Beat over double boiler until light ½ cup sugar, ¼ cup flour, 3-4 eggs or 2 whole eggs and 2 yolks.

Gradually add milk, stirring slowly until it thickens. Stir while it's cooking.

Can add flavoring.

Makes about 2 cups.