

Crème Pâtissière

☆ This confectioner's custard can be used to fill sweet tarts and pastries. It is used to fill éclairs, profiteroles and custard slices. It can be made in advance and used the following day.

Ingredients

- 2 egg yolks
- 50g / 2oz caster sugar
- 25g / 1oz plain flour
- 25g / 1oz cornflour
- 250ml / ½ pint milk
- ½ teaspoon vanilla essence, or a split vanilla pod



Method

1. Put the egg yolks and sugar, into a small bowl and beat until pale and thick.
2. Stir in the flour and cornflour.
3. Heat the milk in a pan, until almost boiling.
4. Pour a little of the hot milk onto the egg mixture, whisking continuously.
5. Whisk in the rest of the milk until well-combined.
6. Return the custard to the pan, cook over a gentle heat, stirring continuously, until the mixture becomes thick, and reaches boiling point.
7. Stir in the vanilla essence or seeds from the pod.
8. Remove from the heat, beat to cool.
9. Cover with cling film, or dampened greaseproof paper to prevent a skin forming, and allow to cool.
10. Chill until ready to use.

