

# VANILLA PASTRY CREAM & VARIATIONS

A Skillshare Class  
by **FoodNouveau**

## INGREDIENTS

1/3 cup [80 ml] sugar  
3 tbsp [45 ml] all-purpose flour  
2 tbsp [30 ml] cornstarch  
4 large egg yolks  
1 1/3 cups [330 ml] milk  
1/3 cup [80 ml] sugar  
1 small vanilla bean (or 1/2 a large vanilla bean),  
halved lengthwise

## METHOD

1. In the bowl of an electric mixer, beat together the sugar, flour, cornstarch, and egg yolks until thick and pale yellow, about two minutes.
2. In a medium saucepan, combine milk and sugar, and bring to a simmer.
3. When the mixture simmers, remove it from the heat. Ladle about one cup of the milk mixture into a glass measuring cup.
4. Gradually pour the hot milk mixture into the egg mixture, mixing on low speed or stirring to combine. This will temper the egg mixture, ensuring it will not curdle when you pour it back into the saucepan.
5. Scrape the tempered egg mixture into the saucepan, whisking constantly. Put the saucepan back on medium-low heat and cook, never stopping whisking and scraping the bottom and corners of the pan to prevent the mixture from sticking or scorching.
6. Keep on whisking until the mixture thickens and begins to bubble. **Pay close attention because the thickening tends to happen quite quickly.** Lift your attention for a moment and your pastry cream could curdle or burn. You may feel thickening suddenly happening in one corner of the pan. Once you do, to keep better control over the process, lift the pan from the heat and whisk vigorously (off the heat) to allow the cream to cook evenly. Put it back on the heat and keep on cooking, whisking constantly, until the custard is thick like pudding.
7. Pour the custard into a bowl and push a piece of plastic wrap or parchment paper right onto the surface to prevent a skin from forming. Refrigerate to cool the cream completely.



## MAPLE PASTRY CREAM

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Follow the instructions to prepare Vanilla Pastry Cream, substituting granulated maple sugar for the regular sugar, and omitting the vanilla bean.

## COFFEE PASTRY CREAM

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Follow the instructions to prepare Vanilla Pastry Cream, adding 2 teaspoons [10 ml] instant espresso powder, or 3 teaspoons [15 ml] instant coffee powder, into the hot milk mixture, and omitting the vanilla bean.

## BUTTERSCOTCH PASTRY CREAM

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Follow the instructions to prepare Vanilla Pastry Cream, substituting ½ cup [125 ml] packed brown sugar for the regular sugar, and adding a pinch of salt to the milk mixture.

## BUTTERSCOTCH PASTRY CREAM

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Follow the instructions to prepare Vanilla Pastry Cream, substituting ½ cup [125 ml] packed brown sugar for the regular sugar, and adding a pinch of salt to the milk mixture.



## CHOCOLATE PASTRY CREAM

1/3 cup [80 ml] sugar  
2 tbsp [30 ml] all-purpose flour  
2 tbsp [30 ml] cornstarch  
4 large egg yolks  
1 1/3 cups [330 ml] milk  
1/3 cup [80 ml] sugar  
1/3 cup [80 ml] best-quality cocoa powder (such as Vahlrona's), sifted  
1 oz [28 g] dark chocolate (70% cocoa content), or semi-sweet chocolate, chopped  
1 tbsp [15 ml] unsalted or semi-salted butter



1. In the bowl of an electric mixer, beat together the sugar, flour, cornstarch, and egg yolks until thick and pale yellow, about two minutes.
2. In a medium saucepan, combine milk, sugar, and cocoa powder, and bring to a simmer.
3. When the mixture simmers, remove it from the heat. Ladle about one cup of the milk mixture into a glass measuring cup.
4. Gradually pour the hot milk mixture into the egg mixture, mixing on low speed or stirring to combine. This will temper the egg mixture, ensuring it will not curdle when you pour it back into the saucepan.
5. Scrape the tempered egg mixture into the saucepan, whisking constantly. Put the saucepan back on medium-low heat and cook, never stopping whisking and scraping the bottom and corners of the pan to prevent the mixture from sticking or scorching.
6. Keep on whisking until the mixture thickens and begins to bubble. **Pay close attention because the thickening tends to happen quite quickly.** Lift your attention for a moment and the pastry cream could curdle or burn. You may feel thickening suddenly happening in one corner of the pan. Once you do, to keep better control over the process, lift the pan from the heat and whisk vigorously (off the heat) to allow the cream to cook evenly. Put it back on the heat and keep on cooking, whisking constantly, until the custard is thick like pudding.
7. Remove the saucepan from the heat and add the chopped chocolate and butter. Whisk to melt and incorporate until completely smooth.
8. Pour the custard into a bowl and push a piece of plastic wrap or parchment paper right onto the surface to prevent a skin from forming. Refrigerate to cool the cream completely.