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# Pastry Cream

Servings: 4

Preparation Time: 20 minutes

*fantastci filling for cream puffs, tarts, cookie bowls, shortcakes (?)*

*Rating: 8.5*

*Used in cookie bowls for Easter dessert 2005. Multiply recipe x 3.*

**2 tablespoons cornstarch**

**1/4 cup sugar plus 1 tablespoon**

**1/8 teaspoon kosher salt**

**1 cup whole milk**

**1 large egg, lightly beaten**

**1 tablespoon unsalted butter**

**1/4 teaspoon vanilla extract**

**1/2 cup heavy cream**

Whisk together cornstarch, sugar, and salt in a medium bowl.

Heat 1 cup milk until it starts to steam. Do not boil!

Pour eggs into cornstarch mixture. Whisk vigorously. When done, it'll be smooth and the color will be pale yellow.

Carefully combine egg mixture and milk by constantly whisking while slowly pouring hot milk into eggs in a steady stream. Return back to pan. Stir constantly over medium heat until very thick. Add butter and 1/4 teaspoon vanilla.

Pour into a bowl and cover cream directly with plastic to keep a skin from forming. Refrigerate, and let custard cool completely.

Just before serving, whip 1/2 cup heavy cream until stiff peaks form. Fold thoroughly into custard, until mixture is very light.

Yield: 2 cups

*Serving Ideas: Serve in cream puffs, cookie bowls, fruit tarts. It might be a nice change in strawberry shortcakes.*

## **Desserts, Easter Dinner**

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*Per Serving (excluding unknown items): 200 Calories; 17g Fat (76.7% calories from fat); 4g Protein; 8g Carbohydrate; trace Dietary Fiber; 110mg Cholesterol; 118mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 3 Fat.*