

# Custard Cream

## **Ingredients:**

*500 grams of whole milk*

*2 vanilla beans*

*½ lemon*

*125 grams of egg yolks (about 6-8 eggs)*

*130 grams of granulated sugar*

*40 grams of rice starch*



## **Instructions:**

Place a heat resistant bowl into the freezer. We'll use this to cool then store the custard.

Pour the milk into a sauce pan. Cut open the vanilla beans and scrape out the pulp. Add the pods and pulp to the milk. (If not using vanilla beans, you can substitute 1 tablespoon of vanilla bean paste or 1 tablespoon of vanilla extract.) Remove 1 or 2 lengths of peel from a lemon using a paring knife and add to the milk, trying not to include too much of the bitter pith. This step will impart a light lemon flavor to the custard. (To make lemon custard, omit the vanilla and use the entire lemon peel.) Set over medium-high heat and allow the milk mixture to come to a boil.

While the milk mixture is coming up to temperature, in a sauté pan add the egg yolks, sugar, and rice starch (corn starch is a fine substitute). Whisk until the egg mixture is completely incorporated and silky smooth.

Once the milk mixture is boiling, pour a bit of the hot milk mixture through a strainer into the egg mixture. This will catch the vanilla pods and lemon peels. Quickly whisk together. This will temper the egg mixture. Once the egg mixture is tempered, you can add the rest of the milk mixture. Heat this over medium heat and whisk until the custard thickens and starts to “burp” in the pan. This means that the custard is completely cooked and at its maximum thickness.

Remove the sauté pan from the heat. Transfer the custard into the bowl that has been cooling in the freezer. Whisk the custard to cool it down as quickly as possible. Take a piece of plastic cling wrap, press it to the top of the custard to prevent a skin from forming, and store in the refrigerator until ready.

The custard will set in a few hours and can be made a day in advance. It will be very rubbery when completely cooled. Whisk it to bring it back to life before use.

You can watch “Custard Cream by Iginio Massari” on the GialloZafferano YouTube channel at: <https://youtu.be/pu5MD4Zba2E>