

- This pastry cream is rich, creamy, delicious, and simple to make. All you need is six ingredients to make a filling that is perfect for eclairs, cream puffs, cakes, and more. Hi, I'm Lindsay from "Life, Love and Sugar," and today we are making homemade pastry cream. All right, so we're gonna get started with the pastry cream. It's gonna need time to chill and set in the fridge. The first thing you wanna do is take your egg yolks and kind of gently whisk those together. All right, so now we'll move over to our pan and we will add our sugar and corn starch. We're actually gonna whisk these together. It's just gonna help get rid of any lumps or anything in the cornstarch so that you don't have lumps in your pastry cream. And once that looks smooth, we're gonna add our milk. All right, now we'll cook this over medium heat, and we wanna keep stirring this until it starts to thicken and just starts to simmer. So we'll go ahead and take this off the heat, and we're actually gonna temper our eggs and gradually add the hot milk so that we don't scramble our eggs, just enough to heat the eggs up without scrambling 'em. And we can add it back into our pan. And now we'll put this back over the heat, mix it all together, and then we are going to bring it to a boil this time. I wanna make sure you're stirring continuously so you don't burn any little bits on the sides or the bottom. You only wanna boil it for about a minute. That'll help thicken the pastry cream without actually breaking it down. If you boil it for too long, it can actually break down and it'll be too thin. All right, so it's been a minute. We're gonna go ahead and take this off the heat, and we're gonna add our vanilla extract and a little butter. And we're gonna whisk this together. All right, now at this point, we're gonna go ahead and pour it into a separate bowl and we can chill it and let it firm up. If you're concerned that it's gonna have lumps or something in it, or maybe you can already tell that there's some lumps, you could put it through a strainer. All right, so we are going to want to cover this with a layer of clear wrap. And when you cover it, you want to press it all the way against the top of the pastry cream. This will help prevent a film from forming on the top of the pastry cream. So you press that down on top of your pastry cream and you are ready to refrigerate it until it's cool and firm. All right, so once your pastry cream has had some time to chill and firm up, it's ready to go. You can use it for really anything at this point. You can see that even though it was still pretty pourable before we put it in the fridge, it has actually firmed up quite a bit. It's almost gelatin-y, so that makes it nice and thick and great for filling things. So I'm actually gonna, we can stir this up a little bit, work out some of the lumps that result just from the way it firms up in the fridge. And there you have it. Delicious, creamy, rich, full of flavor pastry cream. Ready to go for all your favorite desserts. For the full recipe, head over to LifeLoveandSugar.com.