



# Make It Sweet.

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## Pastry Cream

So delicious. It can be used as a filling for cakes, pies or pastries.  
To make it lighter, fold in plain whipped cream.

2 cups milk  
1/4 cup white sugar  
2 egg yolks  
1 egg  
1/4 cup cornstarch  
1/3 cup white sugar  
2 tablespoons butter  
1 teaspoon vanilla bean paste

In a heavy saucepan, stir together the milk and 1/4 cup of sugar. Bring to a boil over medium heat. In a bowl, whisk the egg yolks and egg. Add 1/3 cup of sugar and the cornstarch to the eggs and stir until smooth. When the milk comes to a boil, add small amounts of it at a time into the egg mixture and keep mixing so that the eggs don't cook. After all of the milk has been incorporated, return the mixture to the saucepan, and slowly bring to a boil, stirring constantly so the eggs don't scorch on the bottom.

When the mixture comes to a boil and thickens, remove from the heat. Stir in the butter and vanilla bean paste, mix until the butter is completely blended in. Pour into a heat-proof bowl. Cover with a piece of plastic wrap directly touching the surface to prevent a skin from forming. Refrigerate until chilled before using. Yield: 2 1/2 Cups.

## Bavarian Cream

Bavarian cream is similar to pastry cream but it is thickened with gelatin instead of cornstarch. Bavarian cream is usually filled into a fluted mold, chilled until firm, then turned out onto a serving plate. It is not uncommon to serve Bavarian cream directly from the bowl it has been chilled in, similar to a French mousse. It can also be used as a filling for cream pies or cream puffs.

1 1/4 C heavy cream  
1 Tbsp unflavored gelatin  
3 Tbsp water  
1/2 C sugar  
5 egg yolks  
1 Tbsp vanilla bean paste  
1 1/4 C heavy whipping cream  
Icing Fruits (optional)

In a heavy saucepan, bring the cream just to a boil. Bloom the gelatin in the 3 Tbsp of cold water by sprinkling it into the water and letting it set for about 5 minutes. Whisk the egg yolks and sugar until it is light. Slowly add the heated cream continuously mixing so that the eggs don't cook. After all of the cream has been incorporated, heat the mixture in the top of a double boiler until thickened so that a line drawn through the coating on the back of a wooden spoon stays clear. Remove from heat and add gelatin and vanilla bean paste. Add Icing Fruits to taste if a fruit flavored Bavarian cream is desired. Allow it to cool. When the mixture is cooled but not yet set, whip the remaining 1 1/4 C of heavy cream until stiff and fold it into the mixture. Pour into a mold or pie crust and chill until firm. Yield: 3 Cups.