

Crème Patisserie (For trifle)

Ingredients

300ml milk
1 vanilla pod/1 tsp vanilla essence
3 eggs
50g caster sugar
1 tbsp plain flour
20g butter

Aim Higher

Flavour the crème patisserie with cocoa powder, a spoonful of toffee sauce or orange zest

Equipment

All equipment is provided by school

Method

1. Add the milk into a pan with the vanilla pod/essence. Slowly bring to the boil and then reduce to a simmer for a couple of minutes.
2. Add egg yolks, sugar and flour into a bowl and whisk with an electric whisk until the mixture becomes pale and fluffy and leaves a trail.
3. Remove the vanilla pod (if used) and pour about 1/3 of the hot milk into the bowl, whilst slowly whisking. Now whisk in the remaining milk.
4. Transfer mixture back to the pan and bring slowly back to the boil, stirring all the time until the custard is thickened, smooth and glossy.
5. Remove from heat and beat in butter until it has melted, then transfer to a white tray and smooth to a thin even layer. Cover the surface with a layer of clingfilm and place in fridge.