

La Crema Pasticcera/Pastry Cream

Ingredienti (per due torte di frutta di circa 25 cm di diametro)

- 3 tuorli d'uovo a temperatura ambiente (yolks at room temperature)
- 50 g (5 tbs) di farina (flour)
- 50 g (about 3.5 tbs) di zucchero (sugar)

- 1 pizzico/goccio di vaniglia (vanilla, or you can use grated lemon zest)
- 500 g = mezzo litro di latte (half a liter of milk, about 1 pint)

Procedimento:

- In a *pentola* (pot) combine the egg yolks and sugar, then add the flour
- Heat the milk with a drop of vanilla
- When the milk is hot, but not boiling, add it gradually to the egg and sugar mixture. Keep mixing with a spatula. Try to avoid the formation of lumps
- Using a whisk (or an electric mixer on low) continue to mix over medium heat until it thickens (it should take a few minutes). Try to avoid the formation of lumps.
- Dust the surface with sugar and cover with plastic wrap to prevent it from forming a skin while it cools down

Commenti e varianti:

- You can eat it as is, or place it in nice little bowls with some fresh berries
- *Attenzione* (watch out) *a non fare impazzire la crema* (lit. not to make the cream crazy): if you use cold eggs or milk, let the cream cook too long, mix changing direction, then the cream will not reach the desired smooth consistency and density
- Once the pastry cream is ready and still warm, you can add cocoa powder or melted dark chocolate to it...
- you can make a nice quick dessert with puff pastry filled with pastry cream (bake the puff pastry in the shape of a tart or in small squares/circles and when it has cooled down add the cream to make a fruit tart or some sort of small puffs)
- I will post the recipe for *la torta di frutta* tomorrow

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