

Recipe: Crème Patissière

Crème patissière is the smooth custard filling for fruit tarts. It is quite easy to make and you should get a really smooth custard with this method.

Ingredients

- 2 egg yolks
- 2oz (50g) castor sugar
- 1oz (25g) plain flour
- ½ pint milk
- A few drops of vanilla essence (optional)

Method

- In a large bowl, beat the egg yolks with the sugar using a wire balloon whisk until they are pale and thick.
- Gradually beat in the flour with just one tablespoon of the milk.
- Place the rest of the milk in a heavy bottomed saucepan and bring to the boil.
- Whisk this into the egg mixture in a slow stream, ensuring that you whisk continuously so that it does not go lumpy (by using a balloon whisk you should have no problems with this).
- Return the mixture to the saucepan and place back on the heat. Continue to whisk until boiling (just a few seconds) then remove from heat and continue whisking and cooking for 2-3 minutes. By removing from the heat it prevents any burning!
- Allow to cool.
- Pour into a dish and keep in a refrigerator until you are ready to fill your pastry shells.

Now you have your crème patissière for your favourite fruit tarts.

Simply fill the empty pastry shells with your crème filling and arrange the fruit on the top. A little dusting with icing sugar to finish off if you prefer.

This is the basis of some delicious fillings for your pastries. To make a wonderful chocolate filling, just add 2oz melted chocolate at the end of the method. Make sure it is a good quality chocolate as it will make all the difference.

You can also add your favourite liqueur to flavour it such as rum, brandy, kirsch, or orange liqueur. If you want a lovely coffee flavour simply add some instant coffee.

Such a variety of flavourings and all from one simple basic recipe.