

# ATEN-TE AUTE

## CHOUQUETTES

### Pastry cream

250g skim milk  
1 vanilla pod (cut it on the middle and take the seeds and save both)  
40g eggs yolks  
42g sugar  
10g all purpose flour  
12g corn starch  
4g jelly (non sweet)  
20g unsalted butter COLD

- weight all the ingredients first
- place the milk into a pan and place it into medium low heat (from 1 to 12 I place into number 3 – for a gas stove place it low) with the vanilla and 1/5 of the sugar, place a cling film on the top so that the vanilla essences will not be lost.
- in the mid time, place the egg yolks, rest of the sugar and whisk it until getting a white cream, then incorporate the flour and corn starch and keep mixing.
- once the cling film rises, take it out from the heat and carefully lift the film, the water/steam that it stick into the cling film drain it into the milk pan so all vanilla essences are kept.
- place slowly half of the milk to the egg mix and keep whisking, the other half of the milk place it into the heat once again to medium heat so it will boil, at this point **take out the milk of the heat** and place the egg mix all at once (**all the time whisking**) and place it once again to the heat and cook it until it gets thick (**all the time whisking**) more or less 2 minutes then take it out from the heat and add the butter and keep mixing until it dissolves.
- transfer the cream into a glass bowl and place a cling film touching the cream so that it prevents to dry out and place it inside the fridge for about 1 to 2 hours.
- once cold take out the vanilla pod, from this point is ready to use. To have a smoother airy texture you can whisk it once again for 3 min on a fast speed but the cream need to be **very cold**.

