

Lavender Pastry Cream

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Ingredients: Yields 1 1/4 cups

2 Tbls. Cornstarch
1 cup 1% Low-fat Milk
2 sprigs Lavender (may add or substitute 1/2 Vanilla bean, split lengthwise)
1 Egg, large
1 Egg Yolk, large
3 Tbls. Sugar

Procedure:

Place the cornstarch in a small nonstick saucepan. Whisk in 1/4 cup of the milk until smooth. Whisk in the remaining 3/4 cup milk. Take the petals off the lavender sprigs and add them to the milk mixture. (Optionally, scrape the seeds from the vanilla bean into the saucepan then add the bean.) Bring the mixture to a boil over medium heat, stirring constantly. Reduce the heat to low and cook for 1 minute. Remove from the heat.

In a small bowl, beat together the egg, egg yolk and sugar. Beating constantly, add a small amount of the milk mixture to the egg mixture to temper it. Beating constantly, add the egg mixture to the milk mixture in the saucepan.

Cook over low heat, stirring constantly, for 1 minute or until the mixture has thickened. Strain through a very fine sieve into a clean bowl.

Use the sauce warm or chilled. Store, tightly covered, in the refrigerator for up to 2 days.

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