

Pastry Cream – *Crema pastelera*

Ingredients (for approximately one cup)

- 3 egg yolks (save whites for other applications)
- 1 tsp vanilla extract
- ½ cup granulated sugar
- 3 tbsp flour
- 1 cup milk



Place egg yolks, vanilla and sugar in a mixing bowl; beat vigorously, preferably with an electric mixer, until the mixture becomes pale, and forms ribbons when some is lifted with the beater, about 3 minutes. Sift flour on top, and whisk just until smooth.

Warm up milk in pan over medium heat, until it starts to boil gently. Remove from heat and gradually add to the egg mixture, whisking constantly to prevent lumps. Once all is integrated and smooth, cover and allow to cool down to room temperature. Use right away, or store in the fridge for up to three days.