

Vanilla Bean Creme Patisserie

Indulge in the creamy goodness of homemade creme patisserie with a hint of vanilla bean flavor.


30 min

Total time

Medium

Difficulty

250

kcal / serving

Ingredients

- 1 cup whole milk
- 1/2 vanilla bean, split and scraped
- 2 egg yolks
- 1/4 cup granulated sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon vanilla extract

Steps

- 1 In a saucepan, heat the milk and vanilla bean (seeds and pod) over medium heat until steaming. Remove from heat and let it infuse for 15 minutes.
- 2 In a bowl, whisk together egg yolks, sugar, and cornstarch until pale.
- 3 Slowly pour the warm milk into the egg mixture, whisking constantly.
- 4 Return the mixture to the saucepan and cook over low heat, stirring constantly, until thickened.
- 5 Remove from heat, discard the vanilla bean pod, and stir in vanilla extract.
- 6 Transfer the creme patisserie to a bowl, cover with plastic wrap (directly touching the surface), and chill before using.