

## *Pastry Cream*

Makes: 2 1/2 cups, 22 3/4 ounces/650 grams  
1 cup weighs 9 ounces/260 grams

INGREDIENTS	MEASURE	WEIGHT	
		<i>ounces</i>	<i>grams</i>
2 large eggs	3 fluid ounces	3.5 ounces (out of the shell)	100 grams
cornstarch	3 tablespoons	1 ounce	28 grams
2-inch piece of vanilla bean, split*	•	•	•
sugar	1/2 cup	3.5 ounces	100 grams
half and half	1 liquid cup	8.5 ounces	242 grams
heavy cream	1 liquid cup	about 8 ounces	232 grams
salt	pinch	•	•
butter, unsalted	1 tablespoon	0.5 ounce	14 grams

*\*or 1 teaspoon pure vanilla extract*

***Equipment:*** A narrow piano wire whisk (one with 10 loops of wire)

In a small bowl, whisk together the eggs and cornstarch. Gradually add 1/4 cup of the half and half, whisking until smooth and the cornstarch is dissolved.

In a medium-size, non-reactive, heavy saucepan, place the sugar and vanilla bean and using your fingers, rub the seeds into the sugar. Stir in the remaining half and half, cream, and salt. Over medium heat, bring the mixture to a full boil, stirring occasionally. Whisk 2 tablespoons of this hot mixture into the egg mixture. Pass it through a strainer into a small bowl.

Bring the milk/cream and sugar mixture back to a boil over medium heat. Remove the vanilla bean; rinse it and dry it for future use. Quickly add all of the egg mixture, whisking rapidly. Continue whisking rapidly for about 20 to 30 seconds, being sure to go into the bottom edge of the pan. The mixture will become very thick. Remove the mixture from the heat and whisk in the butter. (If not using the vanilla bean, whisk in the vanilla extract at this point.) Immediately pour the mixture into a bowl and place a piece of greased plastic wrap directly on top of the cream to prevent a skin from forming. Allow it to cool at room temperature, up to 1 hour, and refrigerate it until cold. You will need 1 1/2 cups for the banana cream pie. You can store the left over, refrigerated, for up to 5 days.