

Golden Cream Filling

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Categories: Custards

** Ingredients

1/2	cup	Sugar
4	Tbsp	Cake Flour
2	Tbsp	Corn Starch
1/4	tsp	Salt
3	cups	Half and Half (see directions)
1		Egg
3		Egg Yolks
		**
4	Tbsp	Butter
1	tsp	Vanilla
3/4	tsp	Almond

** Directions

** Whole milk can be used instead of the Half and Half however it will not be as rich or thick.

Combine sugar, cake flour, corn starch, and salt in top of a double boiler. Over low heat add milk and stir until mixed. Turn up to medium heat and cook around 12 to 15 minutes stirring frequently. The custard will change consistency. Cook until the internal temperature reaches 175 degrees.

Take the bowl of the double boiler off the base. Spoon a very small amount of the filling over the eggs and stir vigorously. Do this four or five times to coat the eggs with starch. Add some of the egg mixture back into the custard and mix well. Do this several times to prevent the eggs from curdling. Slowly pour the egg mixture into the custard while you are stirring.

Hints: It is helpful to have the eggs in a glass measuring cup with a pour spout. This process can be done with one person but if you have a friend it is a bit easier. Some people worry about this process but it is really not complicated, just be patient and stir a lot. If for some reason a bit of egg curdles just pull it out. If a lot scrambles use a whisk or hand mixture to break things up. All is not lost and with practice this process is not that scary.

Now, return the double boiler to the heat and cook again until the temperature reaches 170 degrees. Add the butter and cook another 3 minutes.

Remove the the bowl of the double boiler from heat and let it cool for about 20 to 30 minutes. You can either stir it frequently or cover the custard with plastic to prevent a skin from forming. Add the vanilla and almond.

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** Directions

Can be consumed right away but the flavors develop when refrigerated for several hours.

** Notes: Doubling this recipe increases the cooking time to a silly level. Tried with brown sugar and it was not good. Added chocolate and the flavor was lost .