

Custards and creams

The following are some of the most common creams used in pastry making.



Whipped cream

Prepared using **cream** with a fat content of over 35%. It can be used to fill cakes and pastries on its own or added to custards. To make **Chantilly cream**, add icing sugar and **vanilla**.



Crème pâtissière

Also known as pastry cream, it is made with **egg yolks**, **milk**, **sugar**, **vanilla** and a **starch thickener**.

It is denser than crème anglaise. It should have a shiny finish, with a smooth texture and it should not taste floury. It is a versatile custard and used for many cakes and pastries. You can make a lighter cream by mixing whipped cream and crème pâtissière in varying proportions.



Crème anglaise

This vanilla custard sauce is made from **milk**, **sugar** and **egg yolks** which are stirred over a low heat until lightly thickened and then flavoured with **vanilla**. It is also possible to make coffee and chocolate flavoured versions.



Chiboust

This is a creamy and light mixture of **crème pâtissière** and **Italian meringue** which is stabilised with **gelatine**. It can also be flavoured with fruit and liqueurs. It is the filling used in the original St Honoré recipe.



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As well as gelatine, which is derived from the bones and connective tissue of animals, there are other **thickeners** and **gelling agents** used in the pastry kitchen. ²Arrowroot is a tasteless plant used to thicken syrups and sauces; agar-agar is derived from seaweed and is often used as a vegetarian alternative to gelatine; pectin is used in jams and jellies and gum arabica is used in icing and sweets.



Crème mousseline

This is a glossy, 'decadent mix of **butter** and **crème pâtissière** used to fill pastries and cakes. As well as vanilla, common variations are hazelnut and praline.

Read the texts and decide which custard(s) or cream(s) contains:

1 egg yolks

2 butter

3 sugar

4 vanilla

5 gelatine

6 cream

Write the recipe of one of creams:

Meringues, mousses and Bavarian creams



Meringues are prepared using two simple products, **egg whites** and **sugar**, which are whisked together until they form soft or stiff but moist peaks. There are different methods of preparation. **Italian meringue** is used to make soufflés, creamy desserts like *semifreddi* and mousses, and as a decoration. **Classic and Swiss method meringues** can be used as a topping, for example in a Baked Alaska, or they can be baked in the oven at a low temperature to dry them out so they are light and crisp for a pavlova or vacherin.

Mousses have a light, fluffy consistency due to the **whipped cream, whisked egg whites or Italian meringue** they contain. These are mixed with puréed fruit, melted chocolate, hazelnut creams and so on to create many different flavours. Mousses can be served in individual glasses or turned out from moulds. **Gelatine** can be added for a firmer consistency, especially useful when making layers in cake rings with biscuit and sponge bases.



Bavarian creams are made from **crème anglaise**, **gelatine** and **whipped cream**. It is essential to use the correct amount of gelatine to ensure the finished product remains light, but firm and not 'rubbery'. The custard base is often flavoured with chocolate, vanilla, dried fruit or fresh fruit purées. Bavarian creams can be made in individual moulds or cake rings and decorated to make elegant and elaborate desserts.



Read the texts and decide if these sentences are T (true) or F (false). Correct the false ones.

- 1 Whole eggs and sugar are used to make meringues.
- 2 Meringues are always baked in the oven to dry them out.
- 3 Mousses and Bavarian creams both have a light consistency.
- 4 A common way to serve a mousse is in a mono-portion glass.
- 5 Mousses always contain gelatine.
- 6 There are many different flavours of Bavarian creams.

2.28 Listen to these tips and complete the sentences. Then decide if they refer to whipping cream (WC), whisking egg whites (WE) or both (B).

- 1 All the equipment and ingredients should be _____.
- 2 The bowl and whisk must be completely free of _____.
- 3 Whip at _____ speed.
- 4 Add _____ sugar gradually.
- 5 Add cream of tartar or _____ to give more stability.
- 6 Do not _____ too much: the mixture should be shiny and