



Recipes

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Pistachio Pastry Cream

Prep Time: 90 Minutes

Cooking Time: 30 Minutes

Serves 1

Ingredients:

1 cup Pistachios , shelled , finely ground
1 pint Milk , whole
Salt , pinch
4 Egg Yolks
1/4 cup plus 2 Tbsp. Sugar
2 Tbsp. Cornstarch
1 Tbsp. Butter , unsalted
2 tsp. Vanilla Extract
6 1/2 oz. Heavy Cream

Directions:

1. In a pot over medium heat, combine milk, pistachios and salt, and heat until just simmering. Remove from heat and allow to sit for 15 minutes. Strain through a fine sieve and discard solids. Measure out 1½ cups of the pistachio milk. Add more milk if needed.
2. In a separate bowl, whisk together sugar and egg yolks until glossy and well combined. Whisk in cornstarch. Slowly add pistachio milk to the egg mixture, whisking constantly until cream thickens and ingredients are evenly incorporated.
3. Strain mixture into a saucepan and cook over medium heat, stirring constantly, until a slow boil begins. Allow mixture to boil 1-2 minutes or until well thickened, stirring constantly. Remove from heat and stir in butter and vanilla. Pass mixture through a fine sieve and transfer to a mixing bowl. Refrigerate until completely cooled.
4. Whip cream until hard peaks form. Fold into pastry cream. Reserve refrigerated.