

Boston cream pie

Ingrédients

- 5 egg yolks
- 65g sugar
- 25g cornstarch
- 210g cream
- 200g whole milk
- 1 vanilla bean
- 40g butter
- 3 eggs
- 240g sugar
- 1 pinch of salt
- 75g butter
- 160g flour
- 140g milk
- 4g baking powder
- 120g liquid cream
- 1 teaspoon of neutral honey (optional)
- 115g 66% dark chocolate

Préparation

1. Let's go for one last American-inspired recipe before moving on to Christmas recipes!
2. A typical recipe from New England and Boston in particular, the Boston cream pie.
3. As its name does not indicate, it is not a pie but a cake, but its name goes back to the time when all cakes and pies were baked in the same pan.
4. So it's an extremely moist cake topped with a vanilla custard and covered with a chocolate ganache as a glaze
Prep time : 50 minutes + 35 minutes cooking : For a 20 to 22cm cake : Vanilla pastry cream : 5 egg yolks sugar cornstarch cream whole milk 1 vanilla bean butter
Whip the egg yolks with the sugar and then the cornstarch.
5. Heat the milk with the cream and vanilla seeds.
6. Pour the hot liquid over it, whisking well, then pour it back into the pan.
7. Thicken over medium heat, stirring constantly.
8. Remove from the heat, add the butter in small pieces, mix well, then put a plastic wrap on it and cool in the refrigerator.
9. Cake : 3 eggs sugar 1 pinch of salt Vanilla extract butter flour milk baking powder
Heat the milk with the butter until the butter is melted and the mixture is warm.
10. Add the vanilla.
11. Mix the flour with the baking powder and salt.
12. Whisk the eggs and sugar for about 10 minutes, the mixture should whiten and swell.
13. Add the warm milk and butter, whisk quickly and then add the sifted powders with a maryse.
14. When the mixture is homogeneous, pour into the buttered pan and bake in the preheated oven at 160°C for about 30 minutes (the tip of a knife stuck in the cake must come out dry).
15. Let cool completely.
16. Assembly & chocolate ganache : liquid cream 1 teaspoon of neutral honey (optional) 66% dark chocolate
When the cake is cold, cut it in half and fill it with the vanilla cream.

17. Top with the second cake and refrigerate while you prepare the ganache.
18. Heat the cream with the honey, then pour the mixture over the chocolate.
19. Mix until smooth and shiny, then pour over cake (if necessary, spread with a spatula).
20. Let the ganache crystallize, then enjoy!

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