



## INGREDIENTS

### **CUSTARD CREAM**

3 egg yolks

Zest of 1 lemon

½ cup of granulated sugar

5 TBSP of 00 flour

2 cups of full fat milk

1 TSP of vanilla bean extract



## **CUSTARD CREAM**

By Caterina Romano's kitchen

## DIRECTIONS

1. In a large bowl, combine the egg yolk, zest of lemon and sugar. Continue mixing until the egg mixture turns to pale yellow.
2. Sift in the flour. As the flour is stirred in, the cream thickens.
3. Heat the milk until hot. Temper the egg mixture with a couple of tablespoons of the hot milk. Add the egg mixture to the hot milk. Cook and continue mixing until the cream starts to bubble.
4. Put the custard cream through a fine mesh sieve to remove unwanted impurities.
5. Add the vanilla and mix well. Place a plastic film over the top of the cream. Refrigerate the cream for 3 hours.

**ENJOY THE CUSTARD CREAM**