Culinary Institute of America

Custards

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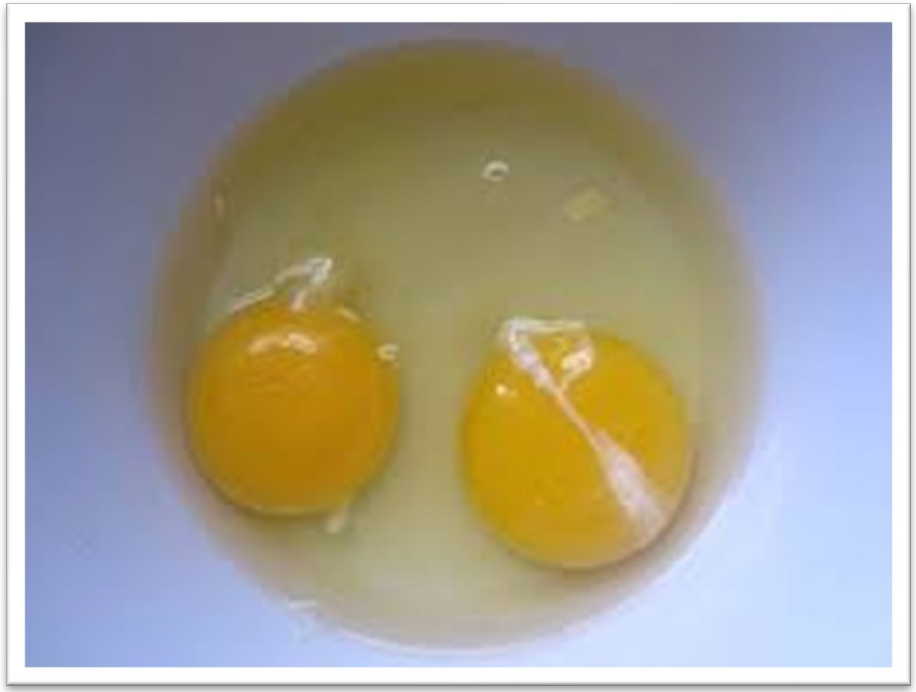
Custards

- Products thickened primarily or solely by eggs
- May be savory or sweet



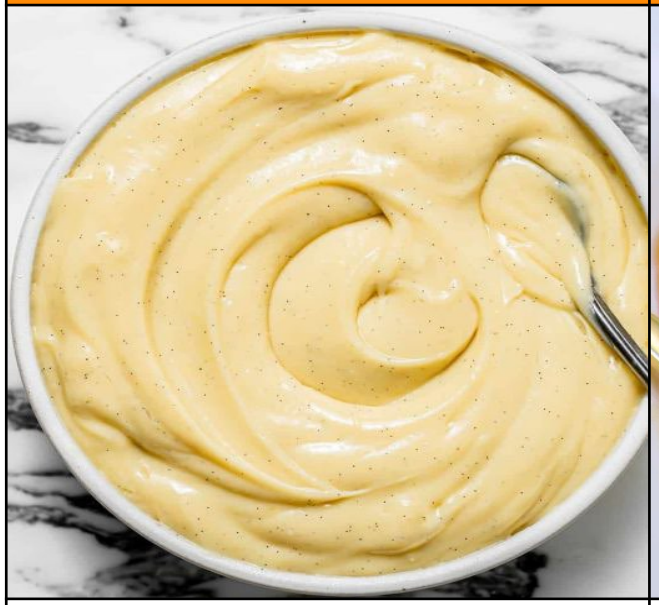
Custard Thickeners

- Eggs are the major thickening agent in all 3 types of custards
- Boiled custard includes starch as an additional thickening agent

Preparation and Procedures

- All types of custards are delicate procedures
- It is vital to have ingredients and equipment set up ahead of time
- Easy to over cook resulting in poor texture
- Follow all method steps exactly

Types of Custards

Boiled	Baked	Stirred
		
pastry cream	crème caramel, crème brûlée	crème anglaise

Boiled Custards

- Starch may vary: Cornstarch, potato starch, flour, arrow root, etc.
- Boil rapidly for about 1 minute to fully to allow starch to swell and to remove starchy mouth feel
- Place plastic wrap directly on surface to prevent skin from developing as it cools

Baked Custards

- All the thickening comes from the eggs
- Must be baked very carefully to avoid over cooking
- Bake at a low temperature
- May use water bath
- Cool/ set completely before serving

Stirred Custard

- Thickened only by the eggs
- Care must be taken to avoid over cooking
  - Closely watch during cooking
  - Cool on ice bath to halt cooking process

Review

A cream caramel is a stirred custard. T/F?

False, it is a baked custard

We bake a custard at a high temperature. T/F?

False, at a low temperature in a water bath

What stage to we bring a stirred custard to?

The nappe stage

When making pastry cream, why do we bring it to a boil?

To allow the starch to swell and to make thicker product