

# Basic Vanilla Pastry Cream

Yield: 2 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-pastry-cream-recipe>

## Ingredients:

- 1 cup whole milk
- 1/2 cup heavy cream
- 4 large egg yolks
- 1/2 cup granulated sugar
- 3 1/2 tablespoons cornstarch
- 2 teaspoons vanilla extract
- 1 tablespoon unsalted butter

## Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 545 milligrams
4. Fat: 45 grams
5. Protein: 11 grams
6. SaturatedFat: 26 grams
7. Sodium: 100 milligrams
8. Sugar: 57 grams

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