

Creamy Vanilla Custard Pastry That Melts in Your Mouth

Creamy Vanilla Custard Pastry Delight ??



OVEN
375°F

TIME
18 min

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INGREDIENTS

For the Puff Pastry:

1 package (17.3 oz) puff pastry, thawed

Powdered sugar, for dusting

For the Custard Filling:

2 cups whole milk

$\frac{1}{2}$ cup granulated sugar

$\frac{1}{4}$ cup cornstarch

4 large egg yolks

2 teaspoons vanilla extract

$\frac{1}{2}$ cup unsalted butter, softened

For the Whipped Cream Fold-In:

1 cup heavy whipping cream

2 tablespoons powdered sugar

DIRECTIONS

- 1.** Bake the Pastry Layers: Preheat oven to 375°F (190°C) and line a baking sheet with parchment. Roll out the puff pastry and cut into two equal squares. Place them on the baking sheet and pierce all over with a fork to prevent over-puffing. Bake for 15-18 minutes until golden. Cool completely on a wire rack.
- 2.** Make the Custard: In a saucepan over medium heat, whisk together milk, sugar, and cornstarch until thickened (about 5-7 minutes). In a separate bowl, whisk the egg yolks. Slowly add some hot milk mixture into the yolks (tempering), then pour it back into the saucepan. Cook another 2-3 minutes, stirring constantly until thick and smooth. Remove from heat and stir in vanilla extract and butter. Let cool to room temperature.
- 3.** Whip the Cream: In a bowl, whip heavy cream and powdered sugar to soft peaks. Once the custard has cooled, gently fold the whipped cream into it to create a light, mousse-like texture.
- 4.** Assemble: Place one puff pastry sheet on a serving plate. Spread the custard filling evenly over it. Top with the second puff pastry square. Press down gently and refrigerate for at least 2 hours.
- 5.** Serve: Dust with powdered sugar, slice into squares with a serrated knife, and serve chilled.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-vanilla-custard-pastry-that-melts-in-your-mouth/>