

Clementine Crème Pâtissière

Poetry & Pies

cook/prep time: 30 minutes

cool time: 1-2 hours

total time: 2 hours, 30 minutes

yields: about 1 ½ to 2 cups



Ingredients

- 2 cups whole milk
- peel or zest from 3-4 clementines or mandarin oranges
- 4 egg yolks (or 2 yolks and 1 egg, but there's a high risk of a lumpy cream)
- ¼ cup flour or [cornstarch][1]
- ½ cup sugar
- pinch sea salt
- 2-4 tablespoons juice from the zested oranges

Instructions

1. Using a [potato peeler][2], peel just the zest from 3-4 clementine or mandarin oranges. Alternatively, you could zest the oranges, but you will need to double strain it to remove all the zest. Add zest and milk to a small saucepan and cook over medium heat, stirring frequently with a rubber spatula and scraping sides and bottom to prevent the milk from burning. Heat until steam comes off the milk and it just starts to bubble slightly. Remove from heat and let steep for 10 minutes or until it comes to room temperature.
2. While milk is cooling, whisk flour, sugar, and salt in a small to medium mixing bowl (make sure its large enough that you can whisk the milk into it quickly without it spilling out). Add egg yolks and whisk until combined. It may be thick and pasty, which is okay. You just want the flour mixed in at this point to prevent lumps.
3. Strain milk by setting a [fine mesh sieve][3] over a bowl and pouring milk/zest through it. Return milk to saucepan. Heat over medium-low until steaming once again. While whisking, very very slowly pour a small amount of milk into the egg mixture. Whisk vigorously to combine and prevent scrambling the egg. Continue whisking and adding milk until all of it is combined.

4. Pour mixture back into the saucepan and cook over medium-low heat until thickened to a pudding texture, whisking constantly and getting to the corners and sides to prevent burning or clumping. It will only thicken a tiny bit while cooling, so cook it to your desired consistency, about 5-10 minutes.
5. Remove from heat and stir about 30 seconds to cool slightly. Add clementine juice, 1 tablespoon at a time, whisking well after each addition, until desired flavor and consistency are reached. Don't add too much or it will be too loose. About 4 tablespoons was perfect for me.
6. Strain through a medium to large fine mesh sieve set over a bowl. This will take some elbow grease as you need to stir/press it against the sieve to force it through. Straining is optional but recommended to remove any lumps or scrambled egg pieces. Once strained, place a piece of plastic wrap directly on the surface and refrigerate until cool, about 1-2 hours.

Enjoy! Store in an airtight container in the refrigerator. It will last about a week in the fridge.