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CREAMS, CUSTARDS, PUDDINGS, FROZEN DESSERTS, AND SAUCES

A quick glance at this last chapter may give you the impression that you will be overwhelmed with a great many recipes and techniques within a few pages. Among the subjects covered are custard sauces, pastry cream, puddings, custards, mousses, bavarians, soufflés, ice cream, and dessert sauces.

It's all much simpler than it seems. Once you have learned three basic preparations—vanilla custard sauce, pastry cream, and baked custard—you will have learned most of the rest. Vanilla custard sauce, also called *crème anglaise* or English cream, is the basis for bavarians, ice cream, and some dessert sauces. Pastry cream, with a variety of flavorings, is also used for pie fillings and puddings and is the basis for some soufflés. Many baked puddings are baked custard with added starch or fruit ingredients.

There seems little point in giving you recipes for cream pie fillings in the pie section, a recipe for pastry cream filling for napoleons in the puff pastry section, and recipes for boiled puddings in the pudding section, and never telling you they are all basically the same preparation. You are not just learning a collection of unrelated recipes; you are learning to cook and to understand what you are cooking.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Prepare cooked sugar syrups and dessert sauces.
2. Prepare *crème anglaise*, pastry cream, and baked custard.
3. Prepare starch-thickened puddings and baked puddings.
4. Prepare bavarians, chiffons, mousses, and dessert soufflés.
5. Assemble frozen desserts.



SYRUPS AND DESSERT SAUCES

Understanding sugar cooking is important in the preparation of desserts and confections because sugar syrups of various strengths are often required (see, for example, Italian Meringue, p. 1012).

BASIC PRINCIPLES

The principle of sugar cooking is fairly simple. A solution or syrup of sugar and water is boiled to evaporate part of the water. As the water is boiled off, the temperature of the syrup gradually rises. When all the water has evaporated, what you have left is melted sugar. The sugar then begins to caramelize or turn brown and to change flavor. If heating continues, the sugar continues to darken and then burn.

A syrup cooked to a high temperature is harder when it is cooled than a syrup cooked to a lower temperature. For example, a syrup cooked to 240°F (115°C) forms a soft ball when cooled. A syrup cooked to 300°F (150°C) is hard and brittle when cooled.

One part water (by weight) is enough to dissolve and cook 3–4 parts sugar. There is no point in adding more water than is necessary because you just have to boil it off.

SIMPLE SYRUP

Simple syrup is a solution of equal weights of sugar and water. Combine equal weights of water and granulated sugar in a saucepan, stir, and bring to a boil to dissolve the sugar. Cool the syrup.

Dessert syrup is a flavored simple syrup used to moisten and flavor some cakes (p. 952). (Many chefs use 2 or 3 parts water to 1 part sugar for a less sweet syrup.) Flavorings may be extracts, such as vanilla, or liquors, such as rum or kirsch. Add flavorings after the syrup has cooled because flavor may be lost if they are added to hot syrup. Syrups may also be flavored by boiling them with lemon or orange rind.

CRYSTALLIZATION

Graininess is a common fault in many candies and desserts. Graininess results when cooked sugar **crystallizes**, or turns to tiny sugar crystals, rather than staying dissolved in the syrup. If even one sugar crystal comes in contact with a cooked syrup, it can start a chain reaction that turns the whole thing into a mass of sugar crystals.

To avoid crystallization during the first stages of boiling, use one of the following techniques:

1. Wash down the sides of the saucepan with a brush dipped in water. This removes crystals that may seed the whole batch.
2. When first bringing the syrup to a boil, cover the pan and boil for several minutes. Condensed steam will wash down the sides of the pan. Uncover and finish cooking without stirring.

Sometimes an acid such as cream of tartar is added to a syrup before cooking. Acids change some of the sugar to **invert sugar**, which resists crystallizing. Corn syrup is sometimes added for the same reason.



Washing down the sides of a pan

STAGES OF SUGAR COOKING

Testing the temperature with a candy thermometer is the most accurate way to determine the desired doneness of a syrup.

In the old days, syrups were tested by dropping a little bit into a bowl of cold water and checking the hardness of the cooled sugar. The stages of doneness were given names that described their hardness. Table 37.1 lists these stages of sugar cooking.

TABLE 37.1 Stages of Doneness in Sugar Cooking

Stage	Temperature	
	°F	°C
Thread	230	110
Soft ball	240	115
Firm ball	245	118
Hard ball	250–260	122–127
Small crack	265–270	130–132
Crack	275–280	135–138
Hard crack	290–310	143–155
Caramel	320–340	160–170

DESSERT SAUCES

Most dessert sauces fall into one of three categories:

1. Custard sauces.

Vanilla custard sauce, or crème anglaise, is in the next section. It is among the most basic preparations in dessert cookery. Chocolate or other flavors may be added to create varieties. See recipe on page 1022.

2. Fruit purées.

These are simply purées of fresh or cooked fruits, sweetened with sugar. Other flavorings and spices are sometimes added. Some fruit sauces are thickened with cornstarch or other starch.

Raspberry sauce and strawberry sauce, two popular items, can be made by simply puréeing frozen sweetened berries or by puréeing fresh berries and adding sugar to taste. See also the recipe for Applesauce (p. 219).

3. Syrups.

This is a broad category that includes such products as chocolate sauce and caramel sauce. An understanding of sugar cooking is necessary to produce many of these sauces.

The following recipes are popular examples of this category of sauce.

Chocolate Sauce

YIELD: 1 QT (1 L)

U. S.	METRIC	INGREDIENTS	PROCEDURE
1 pt	500 mL	Water	<ol style="list-style-type: none"> 1. Combine the water, sugar, and corn syrup and bring to a boil, stirring to dissolve the sugar. 2. Boil 1 minute and remove from heat. Let cool 1–2 minutes.
2 lb	1 kg	Sugar	
6 oz	190 g	Corn syrup	
8 oz	250 g	Unsweetened chocolate, melted	<ol style="list-style-type: none"> 3. Melt the chocolate and butter together over low heat. Stir until smooth. 4. Very slowly stir the hot syrup into the chocolate. 5. Place over moderate heat and bring to a boil. Boil 4 minutes. 6. Remove from heat and cool.
2 oz	60 g	Butter	

Per 1 fl oz (29.57 mL): Calories, 170; Protein, 1 g; Fat, 5 g (24% cal.); Cholesterol, 5 mg; Carbohydrates, 34 g; Fiber, 1 g; Sodium, 25 mg.

Caramel Sauce

YIELD: 1½ PT (750 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	250	Sugar	<ol style="list-style-type: none"> 1. Combine the sugar, water, and lemon juice in a heavy saucepan. Bring to a boil, stirring to dissolve the sugar. 2. When the sugar is dissolved, cover the pan and boil 2 minutes. 3. Uncover and cook to the caramel stage (pp. 1018–1019). Toward the end of the cooking time, turn the heat very low to avoid burning the sugar or getting it too dark. It should be a golden color. 4. Remove from heat and cool 5 minutes.
2 fl oz	60 mL	Water	
¾ tsp	4 mL	Lemon juice	
6 fl oz	190 mL	Heavy cream	<ol style="list-style-type: none"> 5. Bring the heavy cream to a boil. Add a few ounces (50–100 mL) of the heavy cream to the caramel. 6. Stir and continue to add the cream slowly. 7. Return to the heat and stir until all the caramel is dissolved. 8. Let cool completely.
4 fl oz	125 mL	Milk	<ol style="list-style-type: none"> 9. Stir the milk into the cooled caramel to thin it.

Per 1 fl oz (29.57 g): Calories, 130; Protein, 1 g; Fat, 6 g (39% cal.); Cholesterol, 20 mg; Carbohydrates, 20 g; Fiber, 0 g; Sodium, 10 mg.

VARIATIONS

Hot Caramel Sauce

Prepare as directed through step 7. Omit the milk.

Clear Caramel Sauce

Substitute 2½–3 fl oz (75–90 mL) water for the heavy cream and omit the milk. If the sauce is too thick when cool, add more water.



Clear caramel sauce and caramel sauce with cream.

BASIC CUSTARDS AND CREAMS

The three preparations presented in this section are among the most basic and useful preparations in the bakeshop. All three can be classified as custards because they consist of a liquid thickened by the coagulation of eggs.

Crème anglaise (krem awn glezz), or vanilla custard sauce, is a stirred custard. It consists of milk, sugar, and egg yolks (and vanilla) stirred over very low heat until lightly thickened.

Pastry cream contains starch thickeners as well as eggs, resulting in a much thicker and more stable product. It is used as a cake and pastry filling, as a filling for cream pies, and as a pudding. With additional liquid, it is used as a custard sauce.

Baked custard, like vanilla custard sauce, consists of milk, sugar, eggs, and flavoring (usually whole eggs are used for greater thickening power). But, unlike the sauce, it is baked rather than stirred over heat, so it sets and becomes firm. Baked custard is used as a pie filling, as a dessert by itself, and as a basis for many baked puddings.

All of these preparations are subject to a wide range of variation. Because they are based on eggs, it would be helpful for you to review the basic egg cooking principles discussed in Chapter 25.

CRÈME ANGLAISE

The following recipe gives the method for preparing vanilla custard sauce, or crème anglaise. Special care is necessary in preparing this sauce because the eggs can curdle easily if overcooked. The following guidelines will help you succeed:

1. Use clean, sanitized equipment, and follow strict sanitation procedures. Egg mixtures are good breeding grounds for bacteria that cause food poisoning.
2. When combining the egg yolks and sugar, whip the mixture as soon as the sugar is added. Letting sugar and egg yolks stand together without mixing creates lumps that cannot be beaten out (Fig. 37.1). Using a stainless-steel bowl for this step makes the cooking and stirring easier in step 5.
3. Heat the milk to scalding (just below simmering) before combining with the egg yolks. This makes the final cooking much shorter. To avoid scorching, you can set the pan of milk in a pan of boiling water. This takes longer than using direct heat, but the pan can be left unattended for a few minutes while you perform other tasks.
4. **Slowly** beat the hot milk into the beaten eggs and sugar. This raises the temperature of the eggs gradually and helps prevent curdling.
5. Set the bowl containing the egg mixture in a pan of simmering water and stir constantly to prevent curdling.
6. To test for doneness, two methods are available. Keep in mind that this is a very light sauce, so you can't expect a lot of thickening.
 - Check the temperature with a thermometer. When it reaches 185°F (85°C), the sauce is cooked. Never let the temperature go above 190°F (87°C), or the sauce is likely to curdle.
 - When the mixture lightly coats the back of a spoon instead of running off like milk, the sauce is cooked (Fig. 37.2).
7. **Immediately** cool the sauce by setting the pan or bowl in ice water. Stir occasionally to cool it evenly.
8. If the sauce curdles (Fig. 37.3), it is sometimes possible to save it. Immediately stir in 1–2 ounces (30–60 mL) cold milk, transfer the sauce to a blender, and blend at high speed.



FIGURE 37.1 Combining sugar and egg yolks without immediately beating them creates hard lumps.



FIGURE 37.2 Crème anglaise coating the back of a spoon.



FIGURE 37.3 Crème anglaise that has curdled because it was overheated.



Crème Anglaise (Vanilla Custard Sauce)

YIELD: ABOUT 2½ PT (1.25 L)

U.S.	METRIC	INGREDIENTS	PROCEDURE
12 8 oz	12 250 g	Egg yolks Sugar	<ol style="list-style-type: none"> 1. Review the guidelines for preparing vanilla custard sauce preceding this recipe. 2. Combine the egg yolks and sugar in a stainless-steel bowl. Whip until thick and light.
1 qt	1 L	Milk	
1 tbsp	15 mL	Vanilla	<ol style="list-style-type: none"> 3. Scald the milk in a boiling-water bath or over direct heat. 4. Very gradually, pour the scalded milk into the egg yolk mixture while stirring constantly with the whip. 5. Set the bowl over simmering water. Heat it slowly, stirring constantly, until it thickens enough to coat the back of a spoon (or until it reaches 185°F/85°C). 6. Immediately remove the bowl from the heat and set it in a pan of cool water. Stir in the vanilla. Stir the sauce occasionally as it cools.

Per 1 fl oz (29.57 mL): Calories, 60; Protein, 2 g; Fat, 2.5 g (38 % cal.); Cholesterol, 65 mg; Carbohydrates, 7 g; Fiber, 0 g; Sodium, 15 mg.

VARIATIONS

For a richer crème anglaise, substitute heavy cream for up to half the milk. To flavor with a vanilla bean instead of vanilla extract, first split the bean in half lengthwise. Scrape the pulp from inside the bean with a paring knife (Fig. 37.4). Add the pulp and the split bean to the milk before heating in step 3.

Chocolate Crème Anglaise

Melt 6 oz (175 g) sweetened chocolate. Stir into the crème anglaise while it is still warm (not hot).

PASTRY CREAM

Although it requires more ingredients and steps, pastry cream is easier to make than custard because it is less likely to curdle. Pastry cream contains a starch thickening agent that stabilizes the eggs. It can actually be boiled without curdling. In fact, it must be brought to a boil, or the starch will not cook completely and the cream will have a raw, starchy taste.

Strict observance of all sanitation rules is essential when preparing pastry cream because of the danger of bacterial contamination. Use clean, sanitized equipment. Do not put your fingers in the cream, and do not taste it except with a clean spoon. Chill the finished cream rapidly in shallow pans. Keep the cream and all cream-filled products refrigerated at all times.

The procedure for preparing pastry cream is given in the following recipe. Note that the basic steps are similar to those for custard sauce. In this case, however, a starch is mixed with the eggs and half the sugar to make a smooth paste. (In some recipes with lower egg content, it is necessary to add a little cold milk to provide enough liquid to make a paste.) Meanwhile, the milk is scalded with the other half of the sugar (the sugar helps protect the milk from scorching on the bottom of the pan).

The egg mixture is then tempered with some of the hot milk, returned to the kettle, and brought to a boil. Some chefs prefer to add the cold paste gradually to the hot milk, but the tempering procedure given here seems to give better protection against lumping and curdling.

FIGURE 37.4 Vanilla bean technique.



(a) Split the bean in half lengthwise.



(b) Scrape the pulp from inside the bean with a paring knife.



Vanilla Pastry Cream

YIELD: ABOUT 2¼ PT (1.12 L)

U. S.	METRIC	INGREDIENTS	PROCEDURE
4 oz	125 g	Sugar	<ol style="list-style-type: none"> In a heavy saucepan or trunion kettle, dissolve the sugar in the milk and bring just to a boil. With a whip, beat the egg yolks and whole eggs in a stainless-steel bowl (Fig. 37.5). Sift the starch and sugar into the eggs. Beat with the whip until perfectly smooth. Temper the egg mixture by slowly beating in the hot milk in a thin stream. Return the mixture to the heat and bring to a boil, stirring constantly. When the mixture comes to a boil and thickens, remove from the heat. Stir in the butter and vanilla. Mix until the butter is melted and completely blended in. Pour into a clean, sanitized hotel pan or other shallow pan. Dust lightly with sugar and cover with waxed paper to keep a crust from forming. Cool and chill as quickly as possible. For filling pastries such as éclairs and napoleons, whip the chilled pastry cream until smooth before using.
1 qt	1 L	Milk	
3 oz	90 g	Egg yolks	
4 oz	125 g	Whole eggs	
2.5 oz	75 g	Cornstarch	
4 oz	125 g	Sugar	
2 oz	60 g	Butter	
1 tbsp	15 mL	Vanilla	

Per 1 fl oz (29.57 mL): Calories, 70; Protein, 2 g; Fat, 3 g (38% cal.); Cholesterol, 45 mg; Carbohydrates, 9 g; Fiber, 0 g; Sodium 30 mg.

VARIATIONS

For a lighter pastry cream filling, fold whipped heavy cream into the chilled pastry cream. Quantities may be varied to taste. For every 1 qt (1 L) pastry cream, whip ½–1 cups (125–250 mL) heavy cream.

Chocolate Pastry Cream

For each 12 oz (375 g) pastry cream, melt together 4 oz (125 g) semisweet chocolate. Stir into the pastry cream while it is still warm.

Coffee Pastry Cream

Add 2 tbsp (30 mL) instant coffee powder to the milk in step 1.

CREAM PIE FILLINGS

Quantities for two 8-inch (20-cm) pies

Vanilla Cream Pie Filling

This is the same as Vanilla Pastry Cream. Fill prebaked pie shells with cooled but not chilled filling.

Coconut Cream Pie Filling

Add 4 oz (125 g) toasted unsweetened coconut to Vanilla Pastry Cream.

Banana Cream Pie Filling

Using Vanilla Cream Pie Filling, pour half of the filling into the pie shells, cover with sliced bananas, and fill with remaining filling. (Bananas may be dipped in lemon juice to help prevent browning.)

Chocolate Cream Pie Filling I

This is the same as Chocolate Pastry Cream, above.

Chocolate Cream Pie Filling II

In step 1, use only 1¾ pt (875 mL) milk. Add 1½ oz (45 g) cocoa to dry ingredients (sugar and cornstarch) in basic Vanilla Pastry Cream recipe. Add 4 fl oz (125 mL) cold milk to the eggs.

Butterscotch Cream Pie Filling

Combine 1 lb (450 g) brown sugar and 5 oz (150 g) butter in a saucepan over low heat. Heat and stir until butter is melted and ingredients are blended. Omit all the sugar from the basic Vanilla Pastry Cream recipe (steps 1 and 3). Increase the starch to 3 oz (90 g). As the mixture is nearing a boil in step 5, gradually stir in the brown sugar mixture. Finish as in basic recipe.

Lemon Pie Filling

Follow the procedure for Vanilla Pastry Cream, but make the following ingredient adjustments:

- Use water instead of milk.
- Increase sugar in step 1 to 8 oz (250 g).
- Increase the cornstarch to 3 oz (90 g).
- Add the grated zest of 1 lemon to the egg mixture.
- Add 4 fl oz (125 mL) lemon juice to the finished, hot cream in place of the vanilla.

CREAM PUDDINGS

Vanilla Pudding

Coconut Pudding

Banana Cream Pudding

Chocolate Pudding I and II

Butterscotch Pudding

For each of these puddings, prepare the corresponding pie filling but use only half the cornstarch.

FIGURE 37.5 Preparing pastry cream.



(a) Beat the eggs with the sugar and cornstarch mixture until smooth.



(b) Temper by slowly beating in the hot milk.



(c) Return the mixture to heat and bring to a boil, stirring constantly.



(d) Remove from heat and stir in the butter and vanilla.



(e) Cool in a shallow pan, covered with plastic film directly on the surface.

Pastry Cream Variations

Cream pie fillings and puddings are actually pastry cream flavored with various ingredients.

Cornstarch should be used as the thickening agent when the cream is to be used as a pie filling so the cut slices hold their shape. For other uses, either cornstarch or flour may be used. Remember that twice as much flour as cornstarch is required for the same thickening power. Other variations are possible, as you will see in the recipes. Sometimes whipped cream is folded into cold pastry cream to lighten it and make it creamier.

Lemon pie filling is also a variation of pastry cream. It is made with water instead of milk, and it is flavored with lemon juice and grated lemon rind.

BAKED CUSTARD

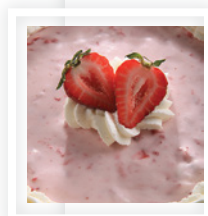
Baked custard is a mixture of eggs, milk, sugar, and flavorings that is baked until the eggs coagulate and the custard is set. A good custard holds a clean, sharp edge when cut.

The following recipe gives the procedure for making baked custard. Note these points in particular:

1. Scald the milk before beating it slowly into the eggs. This reduces cooking time and helps the product cook more evenly.
2. Remove any foam, which would mar the appearance of the finished product.
3. Bake at 325°F (165°C). High temperatures increase the risk of overcooking and curdling.
4. Bake in a water bath so the outside edges are not overcooked before the inside is set.
5. To test for doneness, insert a thin-bladed knife 1–2 inches (3–5 cm) from the center (Fig. 37.6). If it comes out clean, the custard is done. The center may not be completely set, but the custard will continue to cook in its own heat after removal from the oven.



FIGURE 37.6 Testing a baked pudding for doneness.



KEY POINTS TO REVIEW

- What is the proper procedure to cook a sugar syrup so it doesn't crystallize? How do you tell when a syrup is cooked to the proper stage?
- What are the three main categories of dessert sauce?
- What is the procedure for cooking crème anglaise?
- What is the procedure for cooking pastry cream?
- What is the procedure for cooking a plain baked custard?



Baked Custard



PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
1 lb	500 g	Eggs	1. Combine the eggs, sugar, salt, and vanilla in a mixing bowl. Mix until thoroughly blended, but do not whip.
8 oz	250 g	Sugar	
½ tsp	2 mL	Salt	
½ fl oz	15 mL	Vanilla	
2½ pt	1.25 L	Milk	2. Scald the milk in a double boiler or in a saucepan over low heat.
			3. Gradually pour the milk into the egg mixture, stirring constantly.
			4. Skim off all foam from the surface of the liquid.
			5. Arrange custard cups in a shallow baking pan. (Butter the insides of the cups if the custards are to be unmolded.)
			6. Carefully pour the custard mixture into the cups. If any bubbles form during this step, skim them off.
			7. Set the baking pan on the oven shelf. Pour enough hot water into the pan around the cups so the level of the water is about as high as the level of the custard mixture.
			8. Bake at 325°F (165°C) until set, about 45 minutes.
			9. Carefully remove from the oven and cool. Store, covered, in refrigerator.

Per serving: Calories, 190; Protein, 8 g; Fat, 7 g (33% cal.); Cholesterol, 175 mg; Carbohydrates, 24 g; Fiber, 0 g; Sodium, 190 mg.

VARIATION

Crème Caramel

Cook 12 oz (375 g) sugar and 2 fl oz (60 mL) water until it caramelizes (see the section on sugar cooking at the beginning of this chapter). Line the bottoms of the custard cups with the hot caramel. (Be sure the cups are clean and dry.) Fill with custard and bake as in basic recipe. When done, cool and refrigerate overnight. Unmold onto a plate for service.

PUDDINGS

It is difficult to give a definition of **pudding** that includes everything called by that name. The term is used for such different dishes as chocolate pudding, blood sausages (blood puddings), and steak-and-kidney pudding. In this chapter, however, we consider only the more popular dessert puddings.

Two kinds of pudding, starch-thickened and baked, are the most frequently prepared in food-service kitchens. These are the types we discuss here. A third type, steamed pudding, is less often served, and then mainly in cold weather, because steamed puddings are usually rather heavy and filling.

STARCH-THICKENED PUDDINGS

These are also called *boiled puddings* because they are boiled in order to cook the starch that thickens them.

1. Cornstarch pudding or **blancmange**.

Cornstarch pudding consists of milk, sugar, and flavorings and is thickened with cornstarch (or, sometimes, another starch). If enough cornstarch is used, the hot mixture may be poured into molds, chilled, and unmolded for service.

2. Cream puddings.

Cream puddings, as you learned in the previous section, are the same as pastry cream. Puddings are usually made with less starch, however, and may contain any of several flavoring ingredients, such as coconut or chocolate. Butterscotch pudding is given its flavor by using brown sugar instead of white sugar.

If you look again at the recipe for Vanilla Pastry Cream (p. 1023), you will see the only difference between cornstarch puddings and cream puddings is that the latter contain eggs. In fact, cream puddings may be made by stirring hot cornstarch pudding into beaten eggs, then heating the entire mixture to just below the simmer. Care must be taken to avoid curdling the eggs if this method is used.

A basic recipe for cornstarch pudding follows. Recipes for cream puddings are included among the variations following the recipe for Vanilla Pastry Cream.

Blancmange, English Style

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 qt	1 L	Milk	1. Combine the milk, sugar, and salt in a heavy saucepan and bring to a simmer.
6 oz	190 g	Sugar	
¼ tsp	1 mL	Salt	
4 oz	125 g	Cornstarch	2. Mix the cornstarch and cold milk until perfectly smooth.
8 fl oz	250 mL	Milk, cold	
			3. Pouring in a thin stream, add about 1 cup (250 mL) hot milk to the cornstarch mixture.
			4. Stir this mixture back into the hot milk.
			5. Stir over low heat until the mixture thickens and comes to a boil.
1½ tsp	7 mL	Almond or vanilla extract	6. Remove from heat and add desired flavoring.
			7. Pour into ½-cup (125-mL) molds. Cool, then chill. Unmold for service.

Per serving: Calories, 150; Protein, 3 g; Fat, 3.5 g (20% cal.); Cholesterol, 15 mg; Carbohydrates, 28 g; Fiber, 0 g; Sodium, 100 mg.

Note: French blancmange is very different from English. The French style is made with almond milk and gelatin.

VARIATIONS

Blancmange or cornstarch pudding may be flavored in any way cream puddings are. See the variations following the Vanilla Pastry Cream recipe (p. 1023).

BAKED PUDDINGS

Baked puddings are custards that contain additional ingredients, usually in large quantities. Bread pudding, for example, is made by pouring a custard mixture over pieces of bread in a pan and baking it in the oven. Rice pudding, another popular item, is made of cooked rice and custard.

The procedure for making baked puddings is the same as for making baked custard. A water bath may not be necessary if the starch content of the pudding is high.

Soft pie fillings, such as pumpkin, could also be considered baked puddings.

Rice Pudding

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	225 g	Rice (medium- or long-grain)	<ol style="list-style-type: none"> 1. Wash the rice well. Drain. 2. Combine the rice, milk, vanilla, and salt in a heavy saucepan. Cover and simmer over very low heat until the rice is tender, about 30 minutes. Stir occasionally to be sure the mixture doesn't scorch on the bottom. Remove from heat when cooked.
1½ qt	1.5 L	Milk	
1 tsp	5 mL	Vanilla	
¼ tsp	1 mL	Salt	
1	1	Whole egg	<ol style="list-style-type: none"> 3. Combine the egg, yolks, sugar, and cream in a mixing bowl. Mix until evenly combined.
2	2	Egg yolks	
8 oz	250 g	Sugar	<ol style="list-style-type: none"> 4. Ladle some of the hot milk from the cooked rice into this mixture and mix well. Then very slowly stir the egg mixture into the hot rice.
8 fl oz	250 mL	Light cream	
as needed	as needed	Cinnamon	<ol style="list-style-type: none"> 5. Pour into a buttered baking pan, 12 × 20 in. (30 × 50 cm). Sprinkle the top with cinnamon. 6. Bake in a water bath at 350°F (175°C) for 30–40 minutes, or until set. Serve warm or chilled.

Per serving: Calories, 270; Protein, 7 g; Fat, 9 g (30% cal.); Cholesterol, 80 mg; Carbohydrates, 40 g; Fiber, 0 g; Sodium, 120 mg.

VARIATION

Raisin Rice Pudding

Add 8 oz (250 g) raisins to the cooked rice and milk mixture.

Bread and Butter Pudding

PORTIONS: 12 PORTION SIZE: 6½ OZ (200 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
1 lb	500 g	White bread, in thin slices	<ol style="list-style-type: none"> 1. Cut each slice of bread in half. Brush both sides of each piece with melted butter. 2. Arrange the bread overlapping in a buttered baking pan, 12 × 20 in. (30 × 50 cm).
4 oz	125 g	Melted butter	
1 lb	500 g	Eggs	<ol style="list-style-type: none"> 3. Mix the eggs, sugar, salt, and vanilla until thoroughly combined. 4. Gradually stir in the milk.
8 oz	250 g	Sugar	
½ tsp	2 mL	Salt	
½ fl oz	15 mL	Vanilla	
2½ pt	1.25 L	Milk	<ol style="list-style-type: none"> 5. Pour the custard mixture over the bread slices in the pan. Let stand, refrigerated, 1 hour or longer, so the bread absorbs the custard mixture. 6. Sprinkle the top lightly with cinnamon and nutmeg. 7. Set the pan in a larger pan containing about 1 in. (3 cm) hot water. 8. Place in an oven preheated to 350°F (175°C). Bake about 1 hour, or until set. 9. Serve warm or cold with whipped cream or light custard sauce, or dusted with confectioners' sugar.
as needed	as needed	Cinnamon	
as needed	as needed	Nutmeg	

Per serving: Calories, 350; Protein, 11 g; Fat, 16 g (41% cal.); Cholesterol, 190 mg; Carbohydrates, 41 g; Fiber, 1 g; Sodium, 440 mg.

BAVARIANS, CHIFFONS, MOUSSES, AND SOUFFLÉS

All the preparations in this section have one thing in common: They all have a light, fluffy, or puffed texture created by the addition of whipped cream, beaten egg whites, or both.

Although these particular products may be new to you, you should have little trouble learning to prepare them if you have already studied the previous chapter and the first part of this chapter. Once you have learned to prepare *crème anglaise*, pastry cream, starch-thickened fruit fillings, meringues, and whipped cream and have learned to work with gelatin (read p. 720 if you have not yet studied gelatin), all you have to do is combine these products in different ways to make bavarians, chiffons, mousses, and soufflés.

Let's look at these four items separately to see what they are made of. Afterward, we examine the procedures for assembling them.

BAVARIANS

A **bavarian**, also known as *bavarian cream* or *bavarois*, is made of three basic elements: *crème anglaise* (flavored as desired), gelatin, and whipped cream.

That's all there is to it. Gelatin is softened in cold liquid, stirred into the hot *crème anglaise* until dissolved, and chilled until almost set. Whipped cream is then folded in, and the mixture is poured into a mold until set. It is unmolded for service.

Accurate measuring of the gelatin is important. If not enough gelatin is used, the dessert will be too soft to hold its shape. If too much is used, it will be too firm and rubbery.

CHIFFONS

Chiffons are most popular as fillings for chiffon pies, but they may also be served more simply as puddings and chilled desserts.

The major difference between chiffons and bavarians is that beaten egg whites are used in place of or in addition to whipped cream. In other words, chiffons are made of a base plus gelatin plus beaten egg whites. (Some chiffons also contain whipped cream.)

Bases for chiffons include the following three main types:

1. Thickened with starch.

The procedure is the same as for fruit pie fillings made by the cooked juice or cooked fruit method, except the fruit is finely chopped or puréed. Most fruit chiffons are made this way.

2. Thickened with egg.

The procedure is the same as for custard sauce or *crème anglaise*. Many chocolate chiffons are made this way, as is pumpkin chiffon.

3. Thickened with egg and starch.

The procedure is the same as for pastry cream. Lemon chiffon is usually made this way.

MOUSSES

There are so many varieties of mousse that it is impossible to give a rule for all of them. In general, we define a **mousse** as any soft or creamy dessert made light and fluffy by the addition of whipped cream, beaten egg whites, or both. Note that bavarians and chiffons both fit this description. In fact, they are often served as mousses, but with the gelatin reduced or left out so the mousse is softer.

Many kinds of base are used for mousses. The base may be nothing more than melted chocolate or puréed fresh fruit, or it may be more complex, like the bases for chiffons.

Some mousses contain both beaten egg whites and whipped cream. When this is the case, most chefs prefer to fold in the egg whites first, even though they may lose some volume. The reason is that if the cream is added first, there is more danger it will be overbeaten and turn to butter during the folding and mixing procedure.

If egg whites are folded into a hot base, they will cook or coagulate, and the mousse will be firmer and more stable. Whipped cream should never be folded into hot mixtures, or it will melt and deflate.

DESSERT SOUFFLÉS

Soufflés are lightened with beaten egg whites, then baked. Baking causes the soufflé to rise like a cake because the air in the egg foam expands when heated.

To understand the structure of dessert soufflés, we can divide their preparation into four stages:

1. Base.

Many kinds are used for dessert soufflés. Most are heavy, starch-thickened preparations, such as pastry cream or sweetened white sauce.

2. Egg yolks.

When used, these are added to the base.

3. Egg whites.

Whenever possible, egg whites should be whipped with some of the sugar. This makes dessert soufflés more stable than entrée soufflés.

4. Baking.

Review the section on entrée soufflés (pp. 787–788) so you understand the general principles of baking soufflés.

SUMMARY AND COMPARISON

1. Bavarian

Base: Custard sauce
Gelatin
Whipped cream

2. Chiffon

Base: Starch-thickened (fruit filling type)
Egg-thickened (custard type)
Egg- and starch-thickened (pastry cream type)
Gelatin
Egg whites
(Optional whipped cream)

3. Mousse

Base: Many varieties
Little or no gelatin
Egg whites and/or whipped cream

4. Soufflé

Base: Many varieties, usually containing egg yolk
Egg whites
Baked

GENERAL PROCEDURE for Making Bavarians, Chiffons, Mousses, and Soufflés

The following is a general procedure only (Fig. 37.7). It is not a detailed method for one specific dessert, but it will give you a basic understanding that will help you tackle many recipes. These basic steps apply to most bavarians, chiffons, mousses, and soufflés.

1. Prepare the base.
2. If gelatin is used, soften it in cold liquid and stir it into the hot base until dissolved. Chill until almost set.
3. Fold in the beaten egg whites and/or whipped cream.
4. Chill (bavarians, chiffons, and mousses) or bake (soufflés).

FIGURE 37.7 Preparing Bavarian and Bavarian-type creams.



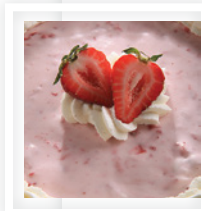
(a) Dissolve the gelatin in the hot base.



(b) Mix in flavorings.



(c) Cool until thick but not set. Then fold in whipped cream.



KEY POINTS TO REVIEW

- What is the difference between a cornstarch pudding and a cream pudding?
- Rice pudding and bread pudding are made the same way as which of the three basic custard preparations discussed in the previous section?
- In what ways are bavarians, chiffons, and mousses similar? In what ways are they different?
- What are the four basic components of a baked soufflé?

Bavarian Cream

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
0.75 oz	22 g	Gelatin (unflavored)	<ol style="list-style-type: none"> 1. Soak the gelatin in cold water.
5 oz	150 mL	Cold water	
		Crème anglaise:	
6	6	Egg yolks	<ol style="list-style-type: none"> 2. Prepare the crème anglaise; Whip the egg yolks and sugar until thick and light. Scald the milk and slowly stir it into the egg-yolk mixture, beating constantly. Add vanilla. Cook in a hot-water bath, stirring constantly, until it just thickens slightly. Review pages 1021–1022 for details on making crème anglaise. 3. While the sauce is still hot, add the softened gelatin. Stir until the gelatin is dissolved. 4. Cool in the refrigerator or over crushed ice, stirring occasionally to keep the mixture smooth.
4 oz	125 g	Sugar	
1 pt	500 mL	Milk	
1½ tsp	8 mL	Vanilla	
1 pt	500 mL	Heavy cream	<ol style="list-style-type: none"> 5. While the custard sauce is cooling, whip the cream until it forms soft, not stiff, peaks. Do not overwhip. 6. When the custard sauce is very thick but not yet set, fold in the whipped cream. 7. Pour into molds or into serving dishes. 8. Chill until completely set. If prepared in molds, unmold for service.

Per serving: Calories, 240; Protein, 5 g; Fat, 19 g (70 % cal.); Cholesterol, 165 mg; Carbohydrates, 13 g; Fiber, 0 g; Sodium, 45 mg.

VARIATIONS

Chocolate Bavarian Cream

Add 6 oz (175 g) sweetened chocolate, chopped or grated, to the hot crème anglaise. Stir until completely melted and blended in.

Coffee Bavarian Cream

Add 1½ tbsp (22 mL) instant coffee powder to the hot crème anglaise.

Strawberry Bavarian Cream

Reduce the milk to 8 fl oz (250 mL) and the sugar to 3 oz (90 g) when making the crème anglaise. Mash 8 oz (250 g) strawberries with 3 oz (90 g) sugar, or use 12 oz (350 g) frozen, sweetened strawberries. Stir this purée into the custard sauce before adding the whipped cream.

Raspberry Bavarian Cream

Prepare like Strawberry Bavarian Cream, using raspberries.

Strawberry Chiffon Dessert or Pie Filling ♥

YIELD: 1 LB 5 OZ; ONE 9-INCH (23-CM) PIE

U. S.	METRIC	INGREDIENTS
13 oz	360 g	Frozen sweetened strawberries (see <i>Note</i>)
½ tsp	1 mL	Salt
0.2 oz	6 g	Cornstarch
1 fl oz	24 mL	Water
0.2 oz	6 g	Gelatin
1.5 fl oz (3 tbsp)	45 mL	Water, cold
0.2 fl oz (1¼ tsp)	6 mL	Lemon juice
3 oz	90 g	Egg whites, pasteurized
2.5 oz	70 g	Sugar

PROCEDURE

1. Thaw and drain the strawberries, reserving the juice. Chop the strawberries coarsely.
2. Place the reserved juice and salt in a saucepan. Bring to a boil.
3. Dissolve the cornstarch in the water and stir into the strawberry juice. Cook until thick. Remove from heat.
4. Soften the gelatin in the water. Add to the hot, thickened fruit juice and stir until completely dissolved.
5. Stir in the lemon juice and the drained strawberries.
6. Chill the mixture until thickened but not set.
7. Beat the egg whites until they form soft peaks.
8. Gradually add the sugar and continue to beat until a thick, glossy meringue is formed.
9. Fold the meringue into the fruit mixture.
10. Portion into individual serving dishes or fill baked pie shells.
11. Chill until set.

Per 1 ounce (28.35 g): Calories, 40; Protein, 1 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 9 g; Fiber, 0 g; Sodium, 30 mg.

Note: To use fresh strawberries, slice or dice 3 lb (1.4 kg) fresh, hulled strawberries and mix with 1 lb (450 g) sugar. Let stand 2 hours in refrigerator. Drain and reserve juice. Proceed as in basic recipe.

VARIATIONS

For a creamier chiffon, reduce egg whites to 2.4 oz (70 g). Whip 3.25 fl oz (100 mL) heavy cream and fold it in after the meringue.

Raspberry Chiffon Dessert or Pie Filling

Substitute raspberries for strawberries in basic recipe.

Pineapple Chiffon Dessert or Pie Filling

Use 10 oz (285) crushed pineapple. Mix the drained juice with an additional 3.25 fl oz (100 mL) pineapple juice and add 1.6 oz (50 g) sugar.

Frozen Strawberry or Raspberry Mousse

Omit gelatin and second quantity of water from basic recipe or from raspberry variation. Reduce egg whites to 1.6 oz (50 g). Whip 5 fl oz (150 mL) heavy cream and fold it in after the meringue. Pour into molds or other containers and freeze.



Strawberry Chiffon Pie

Vanilla Soufflé

PORTIONS: 10 PORTION SIZE: 4½ OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 oz	90 g	Flour	1. Work the flour and butter together to form a smooth paste.
3 oz	90 g	Butter	
4 oz	125 g	Sugar	2. Dissolve the sugar in the milk and bring to a boil. Remove from the heat. 3. With a wire whip, beat in the flour paste. Beat vigorously to make sure there are no lumps.
1 pt	500 mL	Milk	
as needed	as needed	Butter	4. Return the mixture to the heat and bring to a boil, beating constantly. Simmer for several minutes, until the mixture is very thick and no starchy taste remains (Fig. 37.8). 5. Transfer the mixture to a mixing bowl. Cover and let cool 5–10 minutes.
as needed	as needed	Sugar	
8	8	Egg yolks	6. While the mixture is cooling, butter the soufflé dishes well and coat with sugar. For 1 recipe, use 1 dish, 10 in. (25 cm) in diameter; 2 dishes, 7 in. (18 cm) in diameter; or 10 single-portion dishes. 7. Quickly beat the egg yolks and vanilla into the milk mixture.
2 tsp	10 mL	Vanilla	
8–10	8–10	Egg whites	8. Beat the egg whites until they form soft peaks. Add the sugar and beat until the mixture forms firm, moist peaks. 9. Fold the egg whites into the soufflé base. 10. Pour the mixture into the prepared baking dishes and smooth the tops. 11. Bake at 375°F (190°C). Approximate baking times are 45–50 minutes for a 10-in. (25-cm) dish, 30–40 minutes for a 7-in. (18-cm) dish, and 15 minutes for single-portion dishes.
2 oz	60 g	Sugar	

Per serving: Calories, 270; Protein, 8 g; Fat, 13 g (44% cal.); Cholesterol, 195 mg; Carbohydrates, 29 g; Fiber, 0 g; Sodium, 150 mg.

FIGURE 37.8 Preparing vanilla soufflé.



(a) Cook the roux-thickened base until thick and no starchy taste remains.



(b) Beat in the egg yolks.



(c) Butter and sugar soufflé dishes.



(d) Fold whipped egg whites into the base.

VARIATIONS

Chocolate Soufflé

Add 3 oz (90 g) melted unsweetened chocolate and 1 oz (30 g) melted sweet chocolate to the base after step 5.

Lemon Soufflé

Instead of vanilla, use the grated zest of 2 lemons for flavoring.

Liqueur Soufflé

Flavor with 2–3 fl oz (60–90 mL) liqueur, such as kirsch or Grand Marnier, added after step 5.

Coffee Soufflé

Flavor with 2 tbsp (30 mL) instant coffee powder, added to the milk in step 2.



Chocolate Mousse

YIELD: ABOUT 2¾ LB (1.25 KG) OR 2½ PT (1.25 L) PORTIONS: 12 PORTION SIZE: 4½ FL OZ (145 ML)

U. S.	METRIC	INGREDIENTS	PROCEDURE
1 lb	500 g	Bittersweet chocolate	<ol style="list-style-type: none"> 1. Melt the chocolate over hot water. 2. Remove from the heat and add the butter. Stir until the butter is melted and completely mixed in. 3. Add the egg yolks, one at a time. Mix in each yolk completely before adding the next.
4 oz	125 g	Butter	
6 oz	180 g	Egg yolks, pasteurized	
8 oz	250 g	Egg whites, pasteurized	<ol style="list-style-type: none"> 4. Beat the egg whites until they form soft peaks. Add the sugar and beat until the egg whites form stiff but moist peaks. Do not overbeat. 5. Fold the egg whites into the chocolate.
2½ oz	75 g	Sugar	
8 fl oz	250 mL	Heavy cream	<ol style="list-style-type: none"> 6. Whip the heavy cream until it forms soft peaks. Fold it into the chocolate mixture. 7. Spoon the mousse into serving dishes, or use a pastry bag fitted with a star tube. 8. Chill the mousse well before serving.

Per serving: Calories, 380; Protein, 6 g; Fat, 29 g (64% cal.); Cholesterol, 220 mg; Carbohydrates, 30 g; Fiber, 2 g; Sodium, 120 mg.

Note: This mixture may also be used as a filling for cakes, pastries, and baked meringues.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Chocolate Chiffon Dessert or Pie Filling

Lemon Chiffon Dessert or Pie Filling

Pumpkin Chiffon Dessert or Pie Filling

FROZEN DESSERTS

The popularity of ice cream needs no explanation. Whether a plain scoop of vanilla ice cream in a dish or an elaborate assemblage of fruits, syrups, toppings, and numerous flavors of ice cream and sherbet, frozen desserts appeal to just about everyone.

CLASSIFICATION

1. Ice cream.

Ice cream is a smooth, frozen mixture of milk, cream, sugar, flavorings, and, sometimes, eggs. **Philadelphia-style ice cream** contains no eggs, while **French-style ice cream** contains egg yolks. The eggs add richness and help make a smoother product because of the emulsifying properties of the yolks.

Ice milk is like ice cream, but with a lower butterfat content.

Frozen yogurt contains yogurt in addition to the normal ingredients for ice cream or ice milk.

2. Sherbet.

Sherbets and **ices** are made from fruit juices, water, and sugar. American sherbets usually contain milk or cream and, sometimes, egg whites. The egg whites increase smoothness and volume. Ices, also called **water ices**, contain only fruit juice, water, sugar, and, sometimes, egg whites. They do not contain milk products. The French word **sorbet** (sor bay) is sometimes used for these products. **Granité** (grah nee tay) is a coarse, crystalline ice made without egg white.

3. Still-frozen dessert.

Ice cream and sherbet are churn-frozen, meaning they are mixed constantly while being frozen. If they were not churned, they would freeze into solid blocks of ice. The churning keeps the ice crystals small and incorporates air into the ice cream.

Frozen soufflés and **frozen mousses** are made like chilled mousses and bavarians—that is, whipped cream, beaten egg whites, or both are folded in to give them lightness. This allows them to be still-frozen in an ordinary freezer.

PRODUCTION AND QUALITY

Until recently, few establishments made their own ice cream because of the labor involved, the equipment required, and the convenience of commercially made products. Also, in some areas, strict health codes made it difficult for all but large producers to make ice cream. Today, more and more restaurants are making their own ice creams and sorbets.

A basic ice cream mix is simply a *crème anglaise* or custard sauce mixed with 1 or 2 parts heavy cream for every 4 parts milk used in the sauce. This base is flavored as desired with vanilla, melted chocolate, instant coffee, crushed strawberries, and so on. It is then chilled thoroughly and frozen according to the instructions for the equipment being used.

When the mix has frozen, it is transferred to containers and placed in a deep-freeze at below 0°F (−18°C) to harden. (Soft-frozen or soft-serve ice creams are served directly as they come from the churn freezer without being hardened.)

Whether you make ice cream or buy it, you should be aware of the following quality factors:

1. **Smoothness** is related to the size of the ice crystals in the product. Ice cream should be frozen rapidly and churned well during freezing so large crystals don't have a chance to form.

Rapid hardening helps keep crystals small. So do eggs and emulsifiers or stabilizers added to the mix.

Large crystals may form if the ice cream is not stored at a low enough temperature (below 0°F/−18°C).

2. **Overrun** is the increase in volume due to the incorporation of air when freezing ice cream. It is expressed as a percentage of the original volume of the mix. For example, if the ice cream doubles in volume, the amount of increase is equal to the original volume and the overrun is 100 percent.

Some overrun is necessary to give a smooth, light texture. Ice cream with too much overrun is airy and foamy and lacks flavor. It was once thought ice cream should have from 80 to 100 percent overrun and that less would make it heavy and pasty. This may be true for ice creams containing gums and other stabilizers. However, some high-quality manufacturers produce rich (and expensive) ice cream with as little as 20 percent overrun.

3. **Mouthfeel** or **body** depends, in part, on smoothness and overrun as well as on other qualities. Good ice cream melts in the mouth to a smooth, not too heavy liquid. Some ice creams have so many stabilizers they never melt to a liquid. Unfortunately, many people have become so accustomed to these products that an ice cream that actually does melt strikes them as not rich enough.

STORAGE AND SERVICE

1. Store ice creams and sherbets at 0°F (−18°C) or lower. This low temperature helps prevent the formation of large ice crystals.
2. For service, temper frozen desserts at 8° to 15°F (−13° to −9°C) for 24 hours so they are soft enough to serve.
3. When serving, avoid packing the ice cream. The best method is to draw the scoop across the surface of the product so the product rolls into a ball in the scoop.
4. Use standard scoops for portioning ice cream. Normal portions for popular desserts are as follows:

Parfait	3 No. 30 scoops
Banana split	3 No. 30 scoops
À la mode topping for pie or cake	1 No. 20 scoop
Sundae	2 No. 20 scoops
Plain dish of ice cream	1 No. 10, 12, or 16 scoop

5. Measure syrups, toppings, and garnishes for portion control. For syrups, use pumps that dispense measured quantities, or use standard ladles.


POPULAR ICE CREAM DESSERTS

- Parfaits** are made by alternating layers of ice cream and fruit or syrup in a tall, narrow glass. They are usually named after the syrup or topping. For example: a *chocolate parfait* comprises three scoops of vanilla or chocolate ice cream alternating with layers of chocolate syrup and topped with whipped cream and shaved chocolate.
- Sundaes** or **coupes** consist of one or two scoops of ice cream or sherbet in a dish or glass and topped with syrups, fruits, toppings, and garnishes. They are quick to prepare, unlimited in variety, and as simple or as elegant as you could wish—served in an ordinary soda fountain glass, a silver cup, or a crystal champagne glass.

Two sundaes have become classics:

Peach Melba. Vanilla ice cream topped with a fresh, poached, or canned peach half, napped with sweetened raspberry purée (Melba sauce), and garnished with slivered almonds.

Pear Belle Hélène. Vanilla ice cream topped with a poached or canned pear half, napped with chocolate sauce, and garnished with toasted sliced almonds.
- Bombes** are ice cream molds made by lining a chilled mold with softened ice cream, freezing it hard, and then filling the center with another flavor of ice cream or sherbet and freezing it again. (More than two flavors may be used.) The dessert is unmolded onto a cold platter for service and decorated as desired with whipped cream, fruits, and/or confections.
- Meringue glacée.** See discussion of meringues, page 1012.
- Baked Alaska.** See discussion of meringues, page 1013.
- Frozen éclairs** and **profiteroles.** See discussion of éclair pastries, page 1011.



KEY POINTS TO REVIEW

- What are the key temperatures for storing ice cream and for holding it for service?
- How do you control portion size when preparing standard ice cream desserts?

TERMS FOR REVIEW

<p>simple syrup</p> <p>dessert syrup</p> <p>crystallize</p> <p>crème anglaise</p> <p>pastry cream</p> <p>baked custard</p> <p>blancmange</p> <p>cream pudding</p> <p>baked pudding</p> <p>bavarian</p>	<p>chiffon</p> <p>mousse</p> <p>ice cream</p> <p>Philadelphia-style ice cream</p> <p>French-style ice cream</p> <p>ice milk</p> <p>frozen yogurt</p> <p>sherbet</p> <p>ices</p> <p>water ices</p>	<p>sorbet</p> <p>granité</p> <p>overrun</p> <p>parfait</p> <p>sundae</p> <p>coupe</p> <p>Peach Melba</p> <p>Pear Belle Hélène</p> <p>bombe</p>
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QUESTIONS FOR DISCUSSION

- How can you avoid unwanted crystallization when cooking sugar syrups?
- Crème anglaise and pastry cream both contain eggs. Why is it possible to boil pastry cream but not custard sauce?
- Explain the importance of sanitation in the production of pastry cream. What specific steps should you take to ensure a safe product?
- Crème anglaise, pastry cream, and baked custard are made with basic techniques that are also used for the following preparations. Identify which of the three techniques is used for each.

Coconut cream pie	French vanilla ice cream
Baked rice pudding	Pumpkin pie
Butterscotch pudding	Custard pie
Chocolate bavarian	Lemon meringue pie
- Briefly describe the differences among bavarians, chiffons, mousses, and soufflés.
- When making dessert soufflés, what is the advantage of beating the egg whites with part of the sugar?
- When making a bavarian or a chiffon, what difficulty would you encounter if you chilled the gelatin mixture too long before folding in the whipped cream or egg whites?