

## BAVARIAN CREAM



### Ingredients for 4 to 6 serves

3 egg yolks (medium)  
40g sugar  
1 vanilla pod  
 $\frac{1}{4}$  l milk  
3 sheets of red gelatin and 3 of white  
750g strawberries  
2 desert spoons of lemon juice  
3 desert spoons of warm strawberry liqueur  
300ml cream

### Preparation

1. Whisk the egg yolks and sugar until light and frothy. Cut the vanilla pod lengthwise and scrape out the mark, put both into the milk and bring to the boil. Remove the pod.
2. Mix the milk into the egg and sugar mixture and heat gently, stirring continuously until the mixture thickens. Soften the gelatin in cold water.
3. Hull the strawberries and purée 300g together with 2 desert spoons of lemon juice. Squeeze out the excess water from the gelatin and dissolve it in the warm strawberry liqueur. Mix the purée into the egg and sugar mixture and place in fridge.

4. Once the mixture is stiff, whisk the cream and fold in all but 3 desert spoons. Return to fridge for a further 30 minutes.
5. Slice the remaining strawberries and sprinkle with sugar and marinate for 15 minutes. Decorate the Bavarian cream with the strawberries and return to fridge for a further 2 hours. Use the remaining cream to garnish.

### **Notes**

No one is really sure about the origin of Bavarian cream, but during the late 17th and early 18th centuries many French chefs worked at the court of the Wittelsbach (a German family that ruled Bavaria from the 12th century to 1918). The famous French chef Carême (1783-1833) gives recipes for it in the early 18th century. So - in summary, the most likely origin is that the French chefs working for the Bavarian rulers (the Wittelsbachs) learnt it while working in Bavaria, and when they returned to France they continued to make it, and called it Crème Bavaoise.