

How to Make Bavarian Cream

Learn to make authentic German Bavarian cream (crème bavaroise) with this traditional recipe. Rich custard set with gelatin and folded with cream.

30 min

PREP

3h

COOK

3h 30min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 cup water
- 1 cup milk
- 3 egg yolk
- 1 cup granulated sugar
- 1 cup whipped cream
- 1 cup strawberry
- 3 tsp vanilla extract
- 1 tbsp gelatin powder

Instructions

1 Prepare the gelatin

Sprinkle 3 teaspoons unflavored gelatin over 1 tablespoon cold water in a small bowl. Stir briefly and let sit for 5 minutes until the mixture becomes thick and spongy.

2 Heat the milk

Pour 1 cup milk into a heavy-bottomed saucepan and heat over medium heat until small bubbles form around the edges and steam rises, about 4-5 minutes. Remove from heat immediately.

3 Make the custard base

Whisk 3 egg yolks and 1 cup sugar in a medium bowl until the mixture is pale yellow and thick, about 2 minutes.

4 Pour 2 tablespoons of the hot milk into the egg mixture while whisking constantly to prevent the eggs from cooking. Gradually add the remaining hot milk, whisking continuously.

5 **Cook the custard**

Return the mixture to the saucepan and cook over low heat, stirring constantly with a wooden spoon, until it coats the back of the spoon and reaches 170°F (77°C), about 3-4 minutes.

6 Remove from heat and immediately stir in the bloomed gelatin until completely dissolved. Strain through a fine-mesh sieve into a clean bowl and let cool to room temperature, about 30 minutes.

7 **Prepare the cream**

Beat 1 cup heavy cream in a chilled bowl with an electric mixer until soft peaks form when you lift the beaters, about 2-3 minutes.

8 **Combine and mold**

Gently fold the whipped cream into the cooled custard in three additions using a rubber spatula, mixing just until no white streaks remain.

9 Divide the mixture evenly among 4 lightly oiled ramekins or serving glasses. Cover with plastic wrap and refrigerate for at least 3 hours until completely set and jiggle when gently shaken.

10 **Serve**

Run a thin knife around the edges of molded desserts and briefly dip the bottom of each ramekin in warm water for 10 seconds before inverting onto plates, or serve directly in glasses.

Tips

Always bloom gelatin in cold water for 5 minutes before using. This ensures it dissolves completely and creates a smooth texture without lumps in the final cream.

Use a bain-marie (double boiler) when making the custard to prevent the eggs from scrambling. The gentle, indirect heat allows for better control and a silky smooth result.

Temper the egg yolks gradually by adding warm milk slowly while whisking constantly. This prevents the eggs from cooking too quickly and ensures a smooth custard base.

Strain the custard through a fine-mesh sieve after cooking to remove any small lumps or bits of cooked egg that may have formed despite careful temperature control.

Allow the custard to cool to room temperature before folding in the whipped cream. Hot custard will deflate the cream and result in a dense texture.

Whip the cream to soft peaks only, not stiff peaks. Over-whipped cream will be difficult to fold in smoothly and may cause the mixture to become grainy.

Use unflavored gelatin powder for consistent results. Different brands may have varying strengths, so always check package directions for blooming ratios.

Lightly oil your molds with a neutral oil like vegetable oil before filling. This ensures easy unmolding and creates clean, professional-looking presentations.