

Bavyera Kreması Nasıl Yapılır

Learn to make authentic Bavarian Cream (Bavyera Kreması) with this traditional German dessert recipe. Silky custard with gelatin and whipped cream.

30

HAZIRLIK DK

180

PIRME DK

210

TOPLAM DK

4

PORSİYON

Medium

ZORLUK

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Malzemeler

- 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

Yapılışı

- Prepare the gelatin**

Sprinkle 3 teaspoons of gelatin powder over 1 cup of cold water in a small bowl. Stir well and let bloom for 5 minutes until the gelatin absorbs all the water and becomes spongy.
- Heat the milk**

Pour 1 cup of milk into a medium saucepan and heat over medium heat until it just begins to simmer with small bubbles around the edges, about 3-4 minutes. Do not let it boil.
- Make the custard base**

Whisk 3 egg yolks and 1 tablespoon of sugar in a medium bowl until well combined and slightly pale, about 1 minute.
- Slowly pour half of the hot milk into the egg mixture while whisking constantly to prevent the eggs from curdling. Gradually whisk in the remaining hot milk.**
- 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 3-5 minutes.
- Remove from heat and immediately whisk in the bloomed gelatin until completely dissolved. Strain the mixture through a fine-mesh sieve into a clean bowl to remove any lumps.**
- Cool the custard**

Place the bowl in an ice bath and stir occasionally until the custard cools to room temperature and begins to thicken slightly, about 15-20

minutes.

8 **Whip the cream**

Beat 1 cup of heavy cream in a clean bowl with an electric mixer until soft peaks form, about 2-3 minutes. The peaks should hold their shape but still be creamy, not stiff.

9 **Combine**

Gently fold the whipped cream into the cooled custard using a rubber spatula, making gentle circular motions from bottom to top until just combined with no streaks remaining.

10 **Chill and serve**

Divide the Bavarian cream among 4 serving glasses or lightly oiled molds. Cover with plastic wrap and refrigerate for at least 3 hours or until completely set and firm.

?puçlar?

Always temper the egg yolks by gradually adding warm milk while whisking constantly. This prevents the eggs from cooking too quickly and creating lumps in your custard base.

Use a double boiler (bain-marie) when cooking the custard to ensure gentle, even heating. Direct heat can cause the mixture to curdle or become grainy, ruining the smooth texture.

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

Allow the gelatin mixture to bloom properly in cold water for 5 minutes before dissolving. This ensures smooth incorporation and proper setting power.

Cool the custard to room temperature before folding in the whipped cream. If the custard is too warm, it will deflate the cream and create a dense texture.

Whip the cream to soft peaks only - over-whipped cream will make the final dessert dense rather than light and airy.

Lightly oil your molds before adding the Bavarian cream to make unmolding easier. Alternatively, line with plastic wrap for foolproof removal.

For best results, chill the dessert overnight. This allows the gelatin to fully set and the flavors to develop completely.