



## DIRECTIONS

1. Pour the half and half into a small pan and place on low heat until warm.
2. Meanwhile, place the eggs, sugar, vanilla and lemon extract in a separate pan. Whisk until well blended. Add sifted flour and continue to whisk until creamy and smooth.
3. Add 1/3 of the warm milk to the egg mixture while stirring constantly until fully mixed. Repeat this step 2 more times so that all the milk is incorporated.
4. Place pan back on burner on low heat, stirring the entire time to avoid sticking and formation of lumps.
5. Bring to a gentle boil (about 5-7 minutes) and cook two more minutes, until the cream thickens to a pudding consistency.
6. Remove pan from stove and pour the cream into a glass bowl. Immediately cover with plastic wrap (sticking to the top of the cream) to avoid the formation of a "dry skin".
7. Refrigerate until needed.

# Crema Pasticcera

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## INGREDIENTS

- 1 quart half and half (whole milk can be substituted)
- 4 eggs
- $\frac{3}{4}$  c sugar
- 1  $\frac{1}{4}$  c flour
- 1 tsp vanilla extract
- 1  $\frac{1}{2}$  tsp lemon extract