

2 minutes application break

# Cream fillings



## Facts

**Origin** Europe

**Dates back** 18th century

**Ingredients** Cream, sugar, vanilla and eggs

Filling for pastries and other baked goods

## MixSing Process



### Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 75,000 cP
Accessories	Vacuum system, scrape agitator
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

Cream fillings, pastry or custard fillings are sweet fillings made from a mixture of cream, sugar, and eggs. They are used to fill pastries, cakes, and other baked goods. The origins of cream fillings can be traced back to medieval Europe, where they were commonly used in pastry making.

In the 18th century, cream fillings started to be used in a broader range of pastries, including cakes and tarts, and they became popular across Europe and North America. To make cream fillings, cream, sugar, and eggs are typically combined and cooked over low heat until thickened. This can be done using a double boiler or a bain-marie,

which allows the mixture to cook gently and slowly, avoiding the risk of curdling. This method is also known as the custard method, which is the base of many cream fillings. Additional ingredients such as vanilla, chocolate, fruit, or nuts may be added to create different flavours. The filling is then cooled to fill pastries, cakes, and other baked goods.

Cream fillings are versatile ingredients that can be used in various dishes. They are commonly used in pastries such as éclairs, cream puffs, and Napoleons, but they can also be used as a filling for cakes, tarts, and other desserts. Cream fillings are also

commonly used as a topping for fruits, such as strawberries or peaches, and they can be used as a base for other desserts, such as trifle or parfait.

The popularity of cream fillings has spread worldwide, and they can be found in many cuisines. They are commonly used in French and Italian cuisine, but they can also be found in other cuisines, such as Latin American and Asian cuisines. For example, in Latin American cuisine, cream fillings are often used in pastries such as empanadas and turnovers, while in Asian cuisine, they can be found in traditional sweets such as Chinese egg tarts and Japanese cream puffs.