

- Prep Time: 45 minutes
- Cook Time: 35 minutes (plus cooling and chilling)
- Chilling Time: Minimum 3 hours (preferably overnight)
- Total Time: Approximately 4 hours 30 minutes (including chilling)
- Yield: 8 to 10 servings
- Intensity Level: Intermediate (requires attention to egg whipping and custard tempering)

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Ingredients

For the Sponge Cake:

- 1 $\frac{3}{4}$ cups (224 g) all-purpose flour
- 1 $\frac{3}{4}$ teaspoons baking powder
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{3}{4}$ cup (180 ml) whole milk
- 8 tablespoons (114 g) unsalted butter, plus extra for greasing
- 3 large eggs, at room temperature
- 1 cup (200 g) granulated sugar
- 1 teaspoon pure vanilla extract

For the Pastry Cream (Crème Pâtissière):

- 1 cup (240 ml) whole milk
- $\frac{1}{2}$ cup (120 ml) heavy cream
- 3 large egg yolks

- ½ cup (100 g) granulated sugar
- 2 tablespoons cornstarch
- Pinch of kosher salt
- 1 tablespoon (14 g) unsalted butter
- 1 teaspoon pure vanilla extract

For the Chocolate Glaze:

- 4 ounces (113 g) semi-sweet chocolate, finely chopped
- ½ cup (120 ml) heavy cream
- 1 teaspoon neutral oil (such as safflower or canola)

Step-by-Step Instructions

Phase 1: The Pastry Cream (Start Early)

Time: 15 minutes active + 3 hours chilling | Intensity: Medium

The pastry cream needs time to chill thoroughly, so it is best to make it first. In a medium

saucepan, whisk together the egg yolks and sugar until well combined. Whisk in the cornstarch and salt until no lumps remain. In a slow, steady stream, whisk in the milk and then the cream .

Place the saucepan over medium-low heat and cook, stirring constantly with a wooden spoon or heatproof spatula. The mixture will begin to thicken. Once it starts to bubble gently, continue whisking constantly for about 2 minutes to cook out the starch taste . Remove from heat and stir in the butter and vanilla until melted and smooth. For an ultra-silky texture, pour the custard through a fine-mesh sieve into a bowl. Cover with plastic wrap, pressing the plastic directly onto the surface to prevent a skin from forming. Refrigerate for at least 3 hours, or overnight .

Phase 2: The Sponge Cake

Time: 15 minutes active + 30-35 minutes baking | Intensity: High (attention to egg whipping)

Preheat your oven to 325°F (165°C). Grease a 9-inch round cake pan (at least 2 inches deep) with butter, line the bottom with parchment paper, and grease the parchment as well .

In a small saucepan, heat the milk and butter over medium heat until the butter is melted and the mixture is hot, but not boiling. Remove from heat and set aside. In a medium bowl, whisk together the flour, baking powder, and salt.

In the bowl of a stand mixer fitted with the whisk attachment, beat the eggs and sugar on medium-high speed until the mixture is pale, thick, and has roughly tripled in volume. This is a crucial step; it can take about 5 to 8 minutes . Gently fold the dry ingredients into the egg mixture in two additions using a rubber spatula, being careful not to deflate the batter. Add the vanilla to the warm milk mixture. With the mixer on low, slowly pour the milk mixture down the side of the bowl into the batter and mix just until combined .

Pour the batter into the prepared pan and smooth the top. Bake until the cake is golden brown and a toothpick inserted into the center comes out clean, about 30 to 35 minutes . Let the cake cool in the pan for 10 minutes, then turn it out onto a wire rack to cool completely.

Phase 3: Assembly and Glaze

Time: 15 minutes active | Intensity: Low

Once the cake is completely cool, use a long serrated knife to slice it horizontally into two even layers. Place the bottom layer on a serving plate. Stir the chilled pastry cream until smooth, then spread it generously over the bottom cake layer, leaving a small border around the edge . Carefully place the top cake layer over the cream, pressing down very gently.

For the glaze, place the chopped chocolate in a heatproof bowl. Heat the heavy cream in a small saucepan until it just begins to simmer. Pour the hot cream over the chocolate and let it sit for 3 minutes. Add the oil and whisk the mixture until it is smooth and glossy . Pour the glaze over the top of the cake, using an offset spatula to spread it evenly and encourage it to drip slightly down the sides. Refrigerate the assembled cake for at least 30 minutes to allow the glaze to set before serving .

Nutrition (Estimated per Serving)

Based on a yield of 10 servings, the nutritional profile for one slice of this classic Boston Cream Pie is approximately:

- Calories: 460–510 kcal
- Total Fat: 23–25 g
- Saturated Fat: 13–15 g
- Carbohydrates: 57–70 g
- Sugar: 40–50 g

- Protein: 7-8 g
- Cholesterol: 150-200 mg
- Sodium: 150-200 mg