

Rowan Cream Pie Cupcakes



INGREDIENTS

Vanilla cupcakes

- 6 tbsp (84g) unsalted butter, room temperature
- 3/4 cup (155g) white granulated sugar
- 6 tbsp (84g) sour cream, room temperature
- 2 tsp (10ml) vanilla extract
- 3 large egg whites, room temperature (*save yolks*)
- 1 1/4 cup (163g) all purpose flour
- 2 tsp (8g) baking powder
- 1/4 tsp salt
- 6 tbsp (90 ml) milk, room temperature
- 2 tbsp (30 ml) water, room temperature

Pastry cream filling

- 2 egg yolks (*use yolks leftover from cupcake recipe*)
- 6 tbsp (78g) white granulated sugar
- 1 1/3 tbsp cornstarch
- 1 cup + 2 tbsp (270ml) milk
- 1 tbsp (14g) unsalted butter
- A pinch of salt
- 1 tsp vanilla extract

Chocolate ganache

- 21 oz (338g) semi sweet chocolate chips
- 2 tbsp (30 ml) light corn syrup
- 3/4 cup + 2 tbsp (210 ml) heavy whipping cream



Notes

- Take out ingredients listed as room temperature at least 30 minutes before baking.
- You can substitute honey or agave syrup for light corn syrup.

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DIRECTIONS

Vanilla cupcakes

1. Preheat oven to 350 degrees F (176 degrees C) and prepare pan with cupcake liners.
2. In a large mixing bowl, cream butter and sugar together until light in color and fluffy (*about 3-4 minutes*).
3. Add sour cream and vanilla extract. Mix until well combined.
4. Add egg whites in two batches, mixing until well combined after each batch. Scrape down the sides of bowl as needed to incorporate all ingredients.
5. Combine dry ingredients (flour, baking powder, salt) in a separate bowl. Then combine milk and water in a small measuring cup.
6. Add half of the dry ingredients into the batter and mix well until combined. Add the milk and water mixture to the batter. Add remaining dry ingredients and mix well until combined.
7. Fill cupcake liners about halfway. Bake for 15-17 minutes or until a toothpick inserted comes out with a few crumbs (*different ovens may vary*).
8. Remove cupcakes from oven and allow to cool for 2-3 minutes in the pan. Remove from pan to wire rack to finish cooling completely (1-2 hours, or quicker in the refrigerator).



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DIRECTIONS

Pastry cream filling

1. Prepare the pastry cream filling while cupcakes cool.
2. Whisk together egg yolks in a medium bowl and set aside.
3. Add sugar, cornstarch, and milk to a large saucepan and mix until smooth.
4. Cook over medium-high heat, stirring continuously until the mixture begins to thicken and bubble. Timing will vary.
5. Reduce heat to medium and simmer for two minutes, remove from heat.
6. Add a little bit of milk mixture to the egg yolks and whisk together, then add the egg mixture to the milk mixture.
7. Place the pan back on the heat and bring to a light boil. Allow to boil for 2 minutes, stirring continuously. Timing will vary.
8. Remove from heat and add butter, salt, and vanilla extract. Stir until smooth, then set aside to cool to room temperature. You can put cream in the fridge to speed up the process.



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DIRECTIONS

Chocolate ganache

1. Prepare the chocolate ganache while the cupcakes and cream cool. Add chocolate chips and corn syrup (or substitution of your choice) to a large bowl.
2. Bring the heavy cream to a boil, then pour cream over the chocolate chips and set aside for 3–5 minutes. Whisk until smooth.
3. Store the chocolate ganache in the fridge until completely cool and firm (1–2 hours).

Assembly

1. Once everything is cooled and ready, cut out the centers of the cupcakes. You can use a cupcake corer, knife, teaspoon or tablespoon.
2. Fill the centers of the cupcakes with pastry cream.
3. Top the cupcake with chocolate ganache. You can use a cookie scoop, piping bag or a knife to spread the ganache.
4. Refrigerate until ready to serve.
5. Cupcakes are best kept refrigerated for 2–3 days.

