

The tropéziennne



Serves :

8



Prep :

2h



Rest :

Freezing : 30 min.
Refrigeration : 4 to 12h



Cook :

Temperature : 329°F
Time : 20-25 min.

Special equipment

Ring Ø20 to 24 cm - H4.5 cm

Round nozzle of 18 to 20 mm

List of recipes

- ✓ Brioche dough
- ✓ Pastry cream
- ✓ Diplomat cream
- ✓ Syrup



Steps

D - 1

- 🌀 **Making of the brioche dough** Page 3
Resting time 1h
Freezing 30 min + refrigeration (max 16h)
- 🌀 **Making of the orange blossom syrup** Page 4
Set aside in the refrigerator
- 🌀 **Making of the pastry cream** Page 4
Set aside in the refrigerator
- 🌀 **Making of the diplomat cream** Page 5
Refrigerate until needed

D-Day

- 🌀 **Rolling out the brioche dough to 1 cm thickness** Page 5
Proofing the brioche (1h30 to 2h at 25-27°C/77-81°F)
Egg-washing the brioche + adding pearl sugar
Baking for 20 to 25 minutes at 165°C/329°F (fan mode)
Cooling the brioche to room temperature
- 🌀 **Cutting the brioche** Page 5
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The brioche dough

All ingredients must be cold (except the butter, which should be elastic and not too soft)!

Place the bowl and the dough hook of your stand mixer in the freezer before using them !

Ingredients

For a diameter of 20 cm

- ☑ 250 g ~ Flour (pastry+all-purpose)
- ☑ 10 g ~ Baker's yeast
- ☑ 27 g ~ Superfine sugar
- ☑ 5 g ~ Salt
- ☑ 12 g ~ Milk powder
- ☑ 140 g ~ Whole eggs (3x)
- ☑ 1 ~ Egg for egg wash
- ☑ 190 g ~ Butter
- ☑ Sugar pearls as needed
- ☑ Powdered sugar as needed

- In the bowl of the stand mixer, pour 125 g of all-purpose flour + 125 g of pastry flour, 27 g of sugar, 5 g of salt, 12 g of powdered milk, and 10 g of fresh yeast. The yeast should not come into contact with the salt or sugar!
- Start kneading on low speed (1) using the dough hook, then add 140 g of beaten whole eggs. This is the frasage stage, which lasts about 5 minutes.
- When the dough begins to come off the sides and form a ball, increase the speed slightly (2) to develop the gluten network and knead for 12-20 minutes.
- When the gluten network is present, add the butter cut into small pieces gradually (at speed 1).
- When the mixture is homogeneous, continue kneading for 5 to 10 minutes (speed 2). The dough should come off the hook and be homogeneous.
- If it adheres or sticks too much, it means it is not sufficiently kneaded. In this case, either give it some folds by hand, or go back to the mixer! The dough does not stick to the hook, it is ready! The dough temperature should be between 23 and 25°C/74-77°F at this stage.
- On a floured surface, give it some strength (stretch and fold it) and then form a ball (it should be very smooth!).
- Place it in an oiled or floured container. Cover it with a cloth or pierced plastic wrap and let it rest for 1 hour at room temperature (see page 6 to determine the fermentation time).
- Punch down the dough, cover with plastic wrap and place in the freezer for 30 minutes then in the refrigerator (at the bottom) for at least 2 hours (ideally overnight). But not more than 16 hours, otherwise it will over-ferment...

Notes : In the summer, store the flour, eggs, and yeast in the refrigerator. The risen dough is brushed with a whole egg.



Ingredients

- ☑ 35 g ~ Superfine sugar
- ☑ 80 g ~ Mineral water
- ☑ 3 g ~ Orange blossom water

The orange blossom syrup

- Boil :
 - 80 g of water
 - 35 g of superfine sugar.
- Then let it cool.
- Add 3 g of orange blossom water and mix.



Ingredients

- ☑ 375 g ~ Whole milk (micro-filtered)
- ☑ 1 ~ Vanilla pod
- ☑ 75 g ~ Superfine sugar
- ☑ 75 g ~ Egg yolks (about 4-5)
- ☑ 45 g ~ Cornstarch
- ☑ 45 g ~ Butter
- ☑ 10 g ~ Orange blossom water
- ☑ 2 ~ Sheets gelatin (4 g)

The pastry cream

- Hydrate 2 sheets of gelatin (although the use of gelatin is not shown in the video, I strongly recommend it!).
- Just bring to a boil 375g of whole milk with a vanilla pod (infuse for 30 minutes)
- Whisk separately :
 - the egg yolks (75 g, about 4-5 yolks)
 - with the sugar (75 g)
 - and cornstarch (45 g).
- Pour 2/3 of the hot milk onto the egg mixture and whisk well.
- Pour this mixture back into the saucepan and cook for 2 minutes at a boil, whisking constantly.
- Off the heat, add the drained gelatin and continue whisking.
- Cover with plastic wrap directly on the surface of the cream and let it cool to room temperature to around 25°C/77°F (use a thermometer).
- Add the cold butter (45g), cut into small cubes, and mix with an immersion blender.
- Finally, add a tablespoon of orange blossom water (10g) and mix well.
- Cover with plastic wrap directly on the surface and refrigerate until to be sure it's well chilled.



The diplomat cream

Ingredients

- ☑ The pastry cream
- ☑ 150 g ~ Whipping cream (30% fat)

- Using a mixer, whip the cream to a rather consistent whipped cream (firm but soft).
- Slightly emulsify the pastry cream before mixing it with the whipped cream using a spatula.
- Transfer the mixture to a pastry bag and refrigerate until it holds its shape perfectly when piped (this may take a few hours).



Assembly

- Roll out the brioche dough to a thickness of 1 cm, then cut it with a 20 cm greased ring to facilitate unmolding.
- Let it rise for 1 hour 30 minutes to 2 hours (at 25°C/77°F with 2 bowls of hot water in the oven, be careful not to exceed 27°C/81°F!)
- Brush the dough with a whole egg, sprinkle with pearl sugar, then bake at 165°C/329°F for 20 to 25 minutes (test the doneness with a knife).
- Immediately remove the ring and let the brioche cool on a rack.
- Cut the brioche in half with a serrated knife: mark by turning then cut it flat.
- If the brioche is too high, remove a slice.
- Using a brush and orange blossom syrup, delicately soak the base of the brioche.
- Put about 570 g of light pastry cream in a piping bag (round 18-20mm), for a diameter of 20cm (680g for Ø24 cm)
- Pipe large dollops of cream on the bottom part and cover it with the top part.
- Sprinkle with powdered sugar



❖ Robot speed settings :

- ✓ 1 = 30 rpm
- ✓ 2 = 60 rpm

❖ Resting time for the brioche :

The resting time (at room temperature) should be 1 hour if the dough is at 23-25°C/74-77°F.

It should be longer if it is colder, and shorter if it is warmer.

It also depends on the room temperature.

For example, if it is 23°C and the dough is at 23°C/74°F, it will take 1 hour, but if it is 30°C/86°F and the dough is at 23°C/74°F, it will take 30 minutes.

❖ Brioche for a 24cm diameter tart :

- 300 g (150+150) flour (pastry+all-purpose)
- 12 g baker's yeast
- 32 g superfine sugar
- 15 g powdered milk
- 6 g salt
- 165 g whole eggs (x3)
- 225 g butter

❖ Adding gelatin ?

I strongly recommend using gelatin in the pastry cream, as there's a good chance the cream will be much too soft!

Put it in a pastry bag and keep it in the refrigerator until you're ready to use it.

I recommend you do a little trial dressing before applying it to your brioche.

❖ The brioche

As this brioche is very rich in butter, its main drawback is that it becomes very firm when taken out of the refrigerator, which I find a real shame. I strongly advise you to make it the same day, keep it at room temperature and dress it just before serving! This will make it extra soft.