

The Paris-Brest



Serves :

8



Prep :

2h



Rest :

Freezing : 15 min.
Refrigeration : 4h



Cook :

Temperature : 356/302°F
Time : 20+30 min.

Special equipment

- Plain piping nozzle 10 to 14 mm
- Paris-Brest template (optional)

List of recipes

- ✓ Craquelin
- ✓ Choux pastry
- ✓ Praline
- ✓ Praline mousseline



Steps

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Set aside at room temperature
- 🌀 **Making the craquelin** Page 3
Freeze it
- 🌀 **Making the choux pastry** Page 4
Refrigerate it
- 🌀 **Making the pastry cream** Page 5
Refrigerate it

D-Day

- 🌀 **Piping of the choux pastry** Page 6
Baking for 20 min at 180°C/356°F (static) + 30 min at 150°C/302°F(fan)
- 🌀 **Making of the mousseline** Page 6
Chill for at least 30 min in the refrigerator
- 🌀 **Assembly** Page 6

Ingredients

- ✓ 125 g ~ Hazelnuts
- ✓ 125 g ~ Almonds
- ✓ 160 g ~ Superfine sugar
- ✓ 1 pinch of fleur de sel

The praline

- Start by toasting 125g of almonds and 125g of hazelnuts at 150°C/302°F for 20 minutes.
Stir them quickly halfway through cooking for more even cooking.
- Make a dry caramel with 160g of superfine sugar.
- Pour the sugar little by little into the pan; this will allow it to melt uniformly. Each addition should be made only when the first layer of sugar has melted.
- With your wrist, give the pan a rocking motion to slide the caramel and mix it. Do not use any utensils to mix it.
- Continue in all directions. When the caramel is golden brown, remove it from the heat and immediately pour it onto a silicone mat or parchment paper.
- Wait until the caramel is cold and hard before proceeding.
- Break the caramel sheet into several small pieces and put them in a food processor with the hazelnuts and almonds.
- Add a pinch of fleur de sel.
- Blend until you get the desired consistency.
- The longer you blend, the more liquid the praline will be.
- Take breaks if the food processor gets too hot!



Ingredients

- ✓ 50 g ~ Light brown sugar
- ✓ 50 g ~ All-purpose flour
- ✓ 40 g ~ Softened butter
- ✓ 1 pinch of fleur de sel

The craquelin

- In a mixing bowl, knead by hand flour (preferably pastry flour: 50g), brown sugar (50g), a pinch of fleur de sel, and soft butter (40g).
- Continue until the butter is well incorporated into the dry ingredients to form a dough.
- Using a rolling pin, roll out the craquelin between two sheets of parchment paper, to a thickness of approximately 2mm.
- Cut at least 8 discs using a 4cm diameter cookie cutter.
- Store in the freezer until ready to use.



Choux pastry

Ingredients

- ☑ 70 g ~ All-purpose flour
- ☑ 65 g ~ Water
- ☑ 60 g ~ Milk
- ☑ 55 g ~ Butter
- ☑ 125 g ~ Whole egg (x3)
- ☑ 2 g ~ Fine salt
- ☑ 3 g ~ Superfine sugar

- Sift 70g of all-purpose flour and set aside within reach.
- In a saucepan, pour 60g of milk, 65g of water, 3g of sugar, 2g of salt, and then 55g of butter cut into pieces.
- On medium heat, melt the butter. Use a spatula or a rubber scraper... The milk should not boil until the butter is completely melted.
- Once the butter is melted, put the pan on high heat and as soon as it boils, remove the pan from the heat.
- Pour the sifted flour all at once over the boiling milk.
- Mix vigorously until a ball is formed that easily detaches from the side of the pan (this is called the panade). This step takes about 20-30 seconds.
- Put the saucepan back on medium heat, and dry the dough (panade). Generally, you can hear the dough sizzle slightly when it is the right time to stop or you will see that the dough begins to form a thin film at the bottom of the pan if it is not non-stick. Otherwise, count on 2-3 minutes.
- Then pour the panade into the bowl of the mixer, and knead it with the paddle (flat beater of the mixer) until its temperature drops to 45-50°C/113-122°F. (speed 2)
- Meanwhile, crack 2-3 eggs, beat them, and take out 125g of egg. This will be the maximum amount to add to the dough.
- When the panade is around 50°C/122°F, gradually incorporate the beaten whole eggs.
- The dough should be perfectly homogeneous between each addition.
- Stop adding eggs when the dough forms a ribbon that flows slowly without breaking.
- Obtain a smooth and shiny choux pastry dough.
- Reserve in a pastry bag (fitted with a 14mm round tip) and ideally in the refrigerator for 1 night.
- But beware, the piping of the choux pastry dough should be done at room temperature for more ease



Pastry cream

Ingredients

- ☑ 375 g ~ Whole milk
 - ☑ 75 g ~ Superfine sugar
 - ☑ 60 g ~ Egg yolks (x3)
 - ☑ 20 g ~ Cornstarch
 - ☑ 20 g ~ Pastry flour
 - ☑ 20 g ~ Cold butter
- + for the mousseline
- ☑ 170 g ~ Softened butter
 - ☑ 120 g ~ Praline

- In a mixing bowl, whisk together 3 egg yolks (60 g) and 75 g of superfine sugar for about 20 seconds.
- Add 20 g of cornstarch and 20 g of flour, then mix again until the mixture is homogeneous.
- In a saucepan, bring 375 g of milk to a boil, then pour 1/3 of the milk over the egg mixture.
- Whisk together and pour everything back into the saucepan with the remaining milk (over medium heat).
- Bring the cream to a boil for about 2 minutes, stirring constantly with a whisk.
- When the cream is thick enough, immediately remove the saucepan from the heat to prevent the cream from burning or curdling (small lumps may appear).
- Add 20 g of cold butter and mix with a whisk.
- Pour the cream into a container, cover it with plastic wrap (directly on the surface of the cream) and refrigerate until completely cooled.



Assembly

The choux pastry should be dressed when it's at room temperature (it makes the task easier).

- Also take out the pastry cream and butter from the refrigerator.
 - Make sure that the cream, butter, and praline are at room temperature when making the mousseline cream !!!
- ✓ **FOR BAKING** : (video reference 17:24)
- Preheat the oven to 200°C/392°F in fan mode.
 - If using parchment paper and a baking sheet as support, use the provided template for transparency to shape the choux pastry.
 - If using a perforated baking sheet and mat, a small preparation is necessary to prevent the choux pastry from sticking to the mat. (See tips)
 - Once the choux pastry is shaped, place the frozen crackling discs on top, pressing lightly.
 - Bake the choux in the lower part of the oven if possible, and reduce the temperature to 180°C/356°F in static mode for 20 minutes.
 - After 20 minutes, when the choux have taken their final shape, set the oven to 150°C/302°F in fan mode for 30 minutes (monitor the color of the choux).
 - Do not open the oven for the first 30 minutes of baking!!!
 - When the choux have a beautiful uniform color, remove them from the oven and immediately place them on a rack.



- ✓ **MAKING OF THE MOUSSELINE CREAM**: (video reference 18:58)
- Using a mixer, whip the pastry cream on medium speed until it becomes smooth and supple.
 - Cream the softened butter (170 g) with a spatula or an electric mixer.
 - Gradually add the softened butter to the cream while still mixing on medium speed.
 - Finally, add 120 g of praline and mix on high speed for 2 minutes. The mixture should be light, smooth, and homogeneous.
 - Transfer the mixture to a pastry bag with a round tip (10-12 mm) and refrigerate for at least 30 minutes (depending on the texture of your cream).



- ✓ **ASSEMBLY** : (video reference 21:15)
- Cut the crown of choux pastries in half.
 - Fill the bottom of the choux pastries with a first layer of mousseline cream, to even them out.
 - Then generously fill each choux pastry, based on the edge of each pastry.
 - Next, using a small pastry bag filled with praline, inject a little praline into the center of each mousseline filling. It should puff up a little.
 - Reposition the top part of the choux pastries onto the cream and sprinkle with powdered sugar.
 - Refrigerate for at least 1 hour before serving.



❖ **Cooking on 2 types of support : (reference video = 13:56)**

You have the option of baking the choux on a sheet pan or on a micro-perforated mat.

I have a clear preference for the perforated mat because I find that the baking is more even and the choux puff up a bit more. Additionally, I often noticed that the bottoms of the choux tend to curve up with baking on a sheet pan. I think this is often due to a lack of baking or the type of sheet pan used (see the parchment paper).

The downside of the perforated mat is that the choux pastry tends to get stuck in the mat's mesh. Therefore, you need to do a little preparation to avoid this kind of problem.

Using softened butter, fill in the mat's mesh and place it in the refrigerator for 10 minutes (or 2 minutes in the freezer) so that the butter hardens. Sprinkle the mat with flour and remove the excess. You can then make your marks on the flour using a cookie cutter or a small glass.

❖ **The mousseline cream curdles or becomes grainy : (reference video = 20:13)**

When making mousseline cream, it is essential that all ingredients are at room temperature. This should prevent the cream from becoming grainy.

BUT if it does happen, don't worry, you can easily fix it by heating the bowl of your mixer. Either with a hairdryer, for example, or by running the bowl under hot water for a few seconds.

Continue to whisk and the cream should smooth out on its own.

The mousseline cream should be kept in a piping bag in the refrigerator for 30 minutes to 1 hour before piping.

❖ **Softening the flavor of praline :**

If the flavor of your praline is too strong, it is possible to soften it.

To do this, add (in 2-3 batches) 35g of heavy cream to 120g of praline and make an emulsion using a whisk.