

The Saint-Honoré



Serves :

8



Prep :

4h



Rest :

Freezing : 10h
Refrigeration : 4h



Cook :

Temperature : 320-338°F
Time : 2x45 min.

Special equipment

- Half-sphere mold Ø 2.5 cm
- 3 mm dough thickness guides
- Saint-Honoré pastry tip
- 20 cm diameter cake ring

List of recipes

- ✓ Puff pastry
- ✓ Choux pastry
- ✓ Caramel
- ✓ Pastry cream
- ✓ Whipped cream



Steps

D - 2

🌀 **Making the inverted puff pastry**

Refrigerate

-Refer to the puff pastry recipe for more information-

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🌀 **Making of the choux pastry** Page 4

Store in the freezer

🌀 **Preparation of the whipped cream** Page 4

Store in the refrigerator for at least 4 hours

🌀 **Making of the pastry cream** Page 5

Store in the refrigerator for at least 4 hours

🌀 **Rolling out of the puff pastry** Page 3

Store in the refrigerator for at least 2 hours

D-Day

🌀 **Baking of the puff pastry then cutting** Page 3

170°C/338°F for 45-60 min.

🌀 **Baking of the choux pastry** Page 6

160°C/320°F for 40-45 min.

🌀 **Making of the caramel** Page 6

🌀 **Caramelization of the choux pastry** Page 6

Set aside at room temperature

🌀 **Pastry cream (loosen the cream for 30 seconds)** Page 7

Set aside for 5 minutes in the refrigerator (ready to be piped)

🌀 **Filling and assembling the choux pastry** Page 7

🌀 **Making of the whipped cream** Page 7

🌀 **Final assembly** Page 7

The inverted puff pastry

For the recipe, see the dedicated file on puff pastry.

You will need a dough of 250 g.

✓ Make 2 double folds and 1 single fold.

Ingredients



Ingredients for puff pastry

- ✓ 375 g ~ Dry butter
- ✓ 150 g ~ Pastry flour
- ✓ 350 g ~ All-purpose flour
- ✓ 115 g ~ Melted butter
- ✓ 150 g ~ Water
- ✓ 15 g ~ Fleur de sel
- ✓ 1 tbsp white vinegar

For caramelization

- ✓ 30 g ~ Butter
- ✓ Sufficient amount of brown sugar

- Roll out the puff pastry to a thickness of 2-3 mm.
- Place a sheet or baking mat on a baking sheet.
- Melt about 20-30 g of butter in the microwave (only a few seconds, the butter should not cook).
- Using a brush, spread the melted butter over the sheet.
- Sprinkle with brown sugar (a thin layer).
- Place the rolled out pastry on top, and gently press the dough to make it adhere to the sugar.
- Place 1 cm high nuts (for bolts) at the 4 corners (they ensure a controlled and regular thickness of the dough).
- Place a sheet of baking paper on the dough, a baking sheet and weights to prevent the sheet from lifting.
- Bake (in a convection oven) at 170°C/338°F for 45 to 60 minutes. Check the baking every 5 minutes from 35 minutes of baking!
- Once baked, place the dough on a rack to prevent condensation.
- Let cool for 20 minutes.
- Using a 20 cm diameter cake ring, carefully cut out your disc with a bread knife or cutter.
- Store at room temperature.

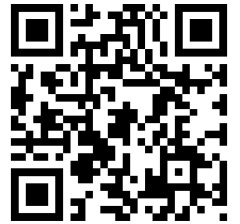


Ingredients

- ☑ 70 g ~ Milk
- ☑ 70 g ~ Water
- ☑ 2 g ~ Salt
- ☑ 4 g ~ Superfine sugar
- ☑ 60 g ~ Butter
- ☑ 80 g ~ Pastry flour
- ☑ 140 g ~ Whole eggs (x3)

Choux pastry

- Prepare 80g of sifted pastry flour and 140g of beaten eggs.
- In a saucepan, pour:
 - 70g of water,
 - 70g of milk,
 - 2g of fine salt,
 - 4g of superfine sugar,
 - and 60g of softened butter.
- On low heat, melt the butter without boiling the milk.
- Once the butter is completely melted, increase the heat to high to bring it to a boil.
- Remove the saucepan from the heat and add the flour all at once.
- Stir vigorously with a rubber spatula until the dough comes away from the sides. (about 15 sec)
- Put it back on medium heat to dry the dough (about 2 minutes). It should form a thin film on the bottom of the saucepan.
- Pour the dough into the bowl of a stand mixer and cool it down using the paddle attachment (between 45 and 55 °C/113-131°F) on low speed.
- Gradually add the beaten eggs, without exceeding 140g of eggs.
- If the dough creates a ribbon, it is perfect and stop adding eggs.
- Pipe the mixture and fill the half spheres with a diameter of 2.5 cm.
- Smooth with an offset spatula, making sure not to incorporate any air.
- Store in the freezer for at least 2 hours.



Ingredients

- ☑ 250 g ~ Whipping cream (30% fat)
- ☑ 30 g ~ Superfine sugar
- ☑ 80 g ~ Mascarpone
- ☑ 2 g ~ Gelatin (200 bloom)
- ☑ 12 g ~ Water
- ☑ 1 ~ Vanilla bean

Whipped cream

- Hydrate 2g of gelatin in 12g of cold water.
- Refrigerate for at least 15 minutes.
- In a small saucepan, add 125g of whipping cream, 30g of superfine sugar and a scraped vanilla pod.
- Heat the mixture until it begins to simmer.
- Add the gelatin and blend using an immersion blender.
- Finally, add 125g of cold whipping cream and 80g of mascarpone.
- Blend until the mixture is smooth.
- Cover with plastic wrap, pressing it directly onto the surface of the mixture, and refrigerate until the next day.



The pastry cream

Ingredients

- ☑ 500 g ~ Whole milk
- ☑ 75 g ~ Superfine sugar
- ☑ 80 g ~ Egg yolks (about 4-5)
- ☑ 25 g ~ All-purpose flour
- ☑ 25 g ~ Pastry cream powder
(or cornstarch)
- ☑ 1 ~ Vanilla bean
- ☑ 35 g ~ Unsalted butter

- In a saucepan, pour 500g of whole milk (if possible micro-filtered).
- Then, split a vanilla pod in half and remove the inside using a knife.
- Heat on medium heat until it starts to simmer.
- Turn off the heat and let it infuse covered for 1 hour.

- In a mixing bowl, whisk until pale :
 - 80g of egg yolks (about 4-5 yolks)
 - with 75g of superfine sugar.
- Add :
 - 25g of flour
 - and 25g of pastry cream powder (or cornstarch).
- Mix everything together until homogeneous.
- Reserve 35g of butter cut into cubes in the freezer, while making the pastry cream.
- Reheat the milk on medium heat.
- When the milk boils, slowly pour half of it over the egg mixture.
- Whisk it together to make a homogeneous mixture.
- Pour everything back into the remaining boiling milk.
- Stop the heat and, still using the whisk, continue to mix until the cream thickens.
- Put it back on medium heat.
- As soon as the cream starts to bubble, stir constantly for 2 minutes. The cream should be very firm at first and then gradually become more liquid.
- Off the heat, continue whisking for 15-30 seconds.
- Transfer the cream to a dish and cover it with plastic wrap.
- When the temperature of the cream is around 50°C/122°F, add the frozen butter. Use an immersion blender to mix it in.
- Cover it with plastic wrap again and refrigerate for at least 4 hours.



Ingredients

- ☑ Sufficient amount of odorless coconut oil
- ☑ Sufficient amount of powdered sugar

Baking the choux pastry

- Preheat the oven to 160°C/320°F.
- Remove the 2.5 cm half-spheres from the freezer and quickly dip them in deodorized coconut oil (melted = less than 40°C/104°F).
- Place them on a perforated sheet lined with a perforated silicon mat, spacing them well apart.
- Then sprinkle with powdered sugar.
- Bake your choux pastry in a static heat oven for 40-45 minutes (the cooking time will depend on the size of the choux pastry). For cooking time, rely on their color (blonde)!
- Do not open the oven during cooking, as this would cause them to collapse.
- Place the choux pastry onto a rack and let them cool at room temperature.



Ingredients

- ☑ 100 g ~ Water
- ☑ 30 g ~ Glucose syrup
- ☑ 300 g ~ Superfine sugar

The caramel

- Prepare a bowl of cold water.
- In a small saucepan, add :
 - 30g glucose syrup,
 - 100g water and...
 - 300g superfine sugar,
- Cook over medium heat until it reaches a caramel color.
- Stop the cooking by placing the bottom of the saucepan on the cold water inside the bowl (at least 30 seconds) !
- Place the saucepan onto a tart ring so that it is slightly tilted to one side.
- Dip your choux one by one into the caramel and then place them on a rack. Let the caramel harden (a few minutes).
- Keep 5-6 choux without caramelizing them.



Assembly

- Pre-pierce the bottom of all the choux.
 - Take the pastry cream out of the refrigerator.
 - Whisk the cream with a stand mixer to loosen it (30 seconds at full speed).
 - Place the cream in a pastry bag (without a tip). Cut a small opening (5 mm).
 - Fill your choux with the cream.
 - If the cream is too runny, put it back in the freezer for 5 minutes.
 - Then widen the opening of the pastry bag (to 2 cm) and fill the puff pastry disc by making a spiral. Stop 2 cm from the edge of the disc.
 - Smooth out the cream with a small offset spatula.
 - Then arrange the caramelized choux all around.
 - You can place a few non-caramelized choux inside the disc (in the cream) for even more pleasure and texture.
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- Take the whipped cream out of the refrigerator and gradually increase the speed while whisking. The maximum speed should correspond to the medium speed of the mixer.
 - Be careful not to over-whip it. It should remain soft!!! Otherwise, you risk having a grainy texture when decorating.
 - Finally, pipe the whipped cream using a Saint-Honoré tip according to the decoration you have chosen.



❖ What cream to choose ?

Chiboust cream is composed of three quarters pastry cream and one quarter Italian meringue. This cream, once very popular, was traditionally used for the Saint-Honoré cake. Its tendency to turn quickly when it is hot and its excessive sugar content are the reasons why it is no longer as popular.

Chefs now prefer mousseline cream (pastry cream and butter) or diplomat cream (pastry cream and whipped cream, sometimes supported by gelatin).

❖ Caramel :

Be very careful with the caramel because it is very hot (between 160 and 180 °C/320-356°F).

Use a knife to dip the choux in the caramel.

Stop the temperature rise of the caramel by dipping the bottom of the pan in cold water for 30 seconds to 1 minute.

Wait a few moments before dipping the choux in the caramel again if small bubbles form.

Replace the caramel on low heat for a few moments if it becomes too firm, to soften it.

Place the caramelized choux in the cavities of a silicone half-sphere mold (the caramel against the wall of the mold) if necessary.

Make sure that this mold is larger in diameter than the choux.

Unmold only when the caramel is completely hardened.

Don't worry if the caramel is a little opaque, it will gradually regain its shine.

❖ With craquelin (choux crunch) :

If you want to avoid using oil for the choux pastry, the other solution is to use craquelin. Its thickness should be 1 mm and measure 0.5 to 1 cm more than the diameter of the choux dome.

The recipe :

- ✓ 25 g soft butter
- ✓ 30 g superfine sugar
- ✓ 30 g all-purpose flour

Mix all the ingredients by hand in a mixing bowl until obtaining a homogeneous dough.

Roll out the dough to 1 mm thickness, then cut out 3 cm diameter discs.

Freeze the craquelin.

Place the frozen craquelin on top of the half-spheres just before baking. The choux should be slightly larger than with the oil method.