

Paris-Brest Revisited




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Paris-Brest Revisited

AN ORIGINAL RECIPE BY *L'École Valrhona*

Makes 1 Paris-Brest for 8 people

Difficulty level 🍳🍳🍳

Prepare a day in advance:

Reasonable Indulgence
intense praliné crémeux
Reasonable Indulgence
intense praliné whipped
ganache

Make on the day:

Sugar crisps
Choux pastry
Hazelnut shortcrust pastry

You will need:

Melon baller
18cm and 12cm rings
Immersion blender
Piping bag
Thermometer

REASONABLE INDULGENCE INTENSE PRALINÉ CRÉMEUX

Preparation time: 15 minutes

Refrigerate for: 12 hours

250g Whole milk
4g Powdered gelatin
200 Bloom
20g Cold water (for
rehydrating the gelatin)
50g Cocoa butter
320g **Smooth 50% nutty
almond and hazelnut
praliné**

Heat the milk to 140/160°F (60/70°C).

Bloom the gelatin in cold water and add it into the milk.

Gradually combine this with the **smooth 50% nutty almond and hazelnut praliné** and cocoa butter, emulsifying them with a spatula as you do so.

Blend as soon as possible with an immersion blender until you have a perfect emulsion.

Leave to set in the refrigerator, ideally for 12 hours at 40°F (4°C).

REASONABLE INDULGENCE INTENSE PRALINÉ WHIPPED GANACHE

Preparation time: 15 minutes

Refrigerate for: 12 hours

160g Whole milk
5g Potato starch
100g Whipping cream
2.5g Powdered gelatin
200 Bloom
15g Cold water
(to rehydrate the gelatin)
140g **Smooth 50% nutty
almond and hazelnut
praliné**
45g Cocoa butter

Mix a third of the cold milk with the potato starch, then set aside.

Heat the remaining milk to 185/195°F (85/90°C).

Pour a third of the hot milk into the milk and starch mixture and stir them together.

Return to the pan and bring to a boil.

Take the pan off the heat and add the bloomed gelatin.

Gradually combine this with the **smooth 50% nutty almond and hazelnut praliné** and cocoa butter, emulsifying them with a spatula as you do so.

Add the chilled cream.

Blend with an immersion blender to perfect the emulsion.

Leave to set in the refrigerator, ideally for 12 hours at 40°F (4°C).

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SUGAR CRISPS

Preparation time: 5 minutes

Freeze for: 15 minutes

90g **Raw cane sugar**
90g **Flour**
70g **Butter**

Mix together all the ingredients to form a dough and spread it out in a thin layer between 2 sheets of parchment paper.
Cut the dough into a ring shape with a diameter of 26cm and a width of 5cm. Set aside in the freezer.

CHOUX PASTRY

Preparation time: 15 minutes

Bake for: 40 minutes

75g **Whole milk**
75g **Water**
3g **Fine salt**
3g **Sugar**
60g **Butter**
90g **All-purpose flour**
150g **Eggs**

Bring the water, milk, salt, sugar, and butter to a boil in a saucepan. Take the pan off the heat, add in the flour, then let it soak up all the moisture on a high heat.
Place the dough in the bowl of a stand mixer, then add the eggs one at a time, taking care to incorporate each one completely before adding another.
Use a piping bag to pipe the choux pastry into a 24cm-diameter, 4cm-wide ring on a baking sheet lined with baking parchment or a silicone mat.
Place the frozen sugar crisp on top and bake at 355°F (180°C) in a fan-assisted oven for approx. 40 minutes.
Leave to cool.

HAZELNUT SHORTCRUST PASTRY

Preparation time: 15 minutes

Freeze for: 30 minutes

Bake for: 25 minutes

30g **Hazelnut flour**
235g **All-purpose flour**
90g **Confectioners' sugar**
2g **Fine salt**
120g **Butter**
50g **Egg**

Mix together the hazelnut flour, confectioners' sugar, salt, and flour. Sift the mixture, then add the cold cubed butter.
Mix until fine, sandy crumbs have formed.
Add the egg to the mixture.
Stop mixing once the dough is smooth and even.
Roll out the dough to a depth of 3mm and cut it into a 18cm-diameter circle.
Then cut a 12cm-diameter circle out of its center to form a ring and freeze it for 30 minutes.
Bake at 300°F (150°C) for approx. 25 minutes in a fan-assisted oven.

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ASSEMBLY

Preparation time: 10 minutes

Hazelnuts

Smooth 50% nutty almond and hazelnut praliné

Use a piping nozzle to pierce the underside of the choux pastry and fill it with the crémeux. Finish with some pure praliné to make the choux extra indulgent. Turn the Paris-Brest over, then carefully place the hazelnut shortbread crust ring in the exact center. Use a mixer fitted with the whisk attachment to whip the ganache, then use a plain n°12 nozzle to pipe it onto the ring in droplets. Use the remaining crémeux and a n°8 fluted tip to pipe on a few more small droplets. Use a melon baller dipped in hot water to hollow out the inside of the whipped ganache droplets, then pipe in a small amount of praliné. Add a few hazelnut pieces to finish off.

Chef's tip:

Make sure you don't overwork the ganache so that it can be piped out in droplet shapes.

Nutritional advice

The recipes for intense praliné crémeux and intense praliné whipped ganache have been redesigned to cut down the sugar and fat content of a traditional Paris-Brest.