

NOROHY

• BOLD, PURE VANILLA FOR CONSCIOUS CUISINE •



100% VANILLA TARTLET

BY THE FRENCH PÂTISSIER



MAKES SIX 8CM TARTLETS

EQUIPMENT

- 1 whisk
- 1 spatula
- 1 pastry spatula
- 1 mixing bowl
- 1 paring knife
- 1 rolling pin
- 1 immersion blender
- 1 saucepan
- 1 mixer or food processor
- 1 pastry brush
- 1 set of scales
- 1 probe thermometer
- 1 Silikomart 3cm half-sphere mold
- 1 Silikomart Globe mold
- 6 round 8cm tartlet rings
- 1 Silikomart Mini Dots mold
- Piping bags
- Parchment paper



OPTIONAL

- 2 × 2mm thick rulers
- 1 grater (Microplane®) or sieve
- 1 set of smooth round cutters
- 1 micro-perforated tray
- 1 micro-perforated mat
- 1 × 2-3cm tube
- 1 sheet of guitar paper
- 1 laser thermometer

MAKES SIX 8CM TARTLETS



SMOOTH CARAMEL

INGREDIENTS

Sugar.....	50g
Glucose syrup ⁽¹⁾	55g
Heavy cream 36%.....	105g
Whole milk.....	30g
Glucose syrup ⁽²⁾	25g
NOROHY vanilla bean	1
Fleur de sel (a pinch)	0.6g
Cold cubed butter	40g

Heat the cream, milk, scraped vanilla and glucose syrup⁽²⁾.

As soon as it starts boiling, **stop** cooking and **leave it to infuse** for 15 minutes with the pan lid on.

Heat the sugar and corn syrup⁽¹⁾ in a saucepan large enough to allow the liquids to be added later.

Cook until your caramel is golden in color and fluid (it should be 365°F or 185°C if you have a thermometer).

Remove the vanilla beans from the cream, making sure to keep as much of the preparation and seeds as possible.

VANILLA-FLAVORED SWEET PASTRY

INGREDIENTS

Butter (room temperature)	60g
Confectioner's sugar	40g
Almond flour.....	12g
Salt.....	0.5g
Egg (room temperature).....	25g
All-purpose white flour	115g
Vanilla powder (optional).....	1g

Cream the butter and confectioner's sugar using the paddle attachment of a food processor.

Pour in the almond flour, salt and, finally,

As soon as the mixture has reached 365°F (185°C), take it off the heat and **deglaze** the caramel by gradually drizzling in the hot liquids while stirring with a whisk.

Once it has boiled through thoroughly, **cook** it at 230°F (110°C). The caramel will dissolve again.

Pour it out into a bowl and **leave it to cool** to 175°F (80°C).

Add the butter and fleur de sel.

Emulsify the mixture using an immersion blender until it is homogenous.

Place the smooth caramel in the 3cm half-sphere molds and freeze them.

Leave the remainder in the refrigerator until you are ready to assemble.

IMPORTANT

The freezer should be at maximum capacity, and neither too full nor iced over. Only then will the caramel freeze successfully.

the egg while continuing to mix at medium speed. At this stage, the mixture will still be separated.

Add the flour in one go.

Mix until all the ingredients are fully combined together.

Place the dough on the work surface and **rub it together** with your hands until the dough is homogeneous.

As soon as it is homogeneous, stop working it to avoid activating the gluten. This way, it will retain its qualities and crumbly texture.

MAKES SIX 8CM TARTLETS

Spread out the dough to a depth of 2mm between two sheets of parchment paper. For perfect results, **use** two 2mm thick rulers (you will find these in hardware stores).

Leave it to set in the refrigerator.

Lightly **grease** the tartlet rings. A thin layer is enough - you do not want any pieces of butter stuck to the ring.

Cut out eight tart crusts to the same size as the tartlet rings.

Using a ruler and a sharp knife, **make** some strips of pastry which are a little wider than the rings' depth.

Place each of the bases on the baking mat (which should be perforated if possible), and place the mat on an (also ideally perforated) baking sheet.

Place a tart ring on each base. **Add** a strip to each of the pastry bases.



Trim the excess dough from the rings.

Freeze the raw tart crusts for 10 minutes to ensure that they do not move during baking.

Once this is done, **preheat** the oven to 300°F (150°C). The tart crusts will go on the middle shelf.

Bake the tart crusts for 20 minutes.

Chef's tip: If the crusts' edges aren't quite right after you have blind-baked them, gently grate them with a Micro-plane® or a sieve.

GLAZE

INGREDIENTS

Egg yolk	20g
Heavy cream 36%.....	5g

As well as creating an attractive finish, the glaze seals the dough from the moisture in the different fillings.

Mix the yolks and cream.

Use the brush to **apply** a thin layer of this mixture on the pre-baked, cooled and turned-out tart crusts.

Bake the glazed tart crusts again for 10 minutes at 300°F (150°C).

VANILLA SPONGE

INGREDIENTS

Butter.....	15g
Sugar.....	65g
Egg	25g
All-purpose flour	50g
Baking powder	1g
Salt.....	1g
Heavy cream 36%.....	45g
NOROHY vanilla extract	3g

Preheat the oven to 320°F (160°C).

Using a whisk, **mix** the eggs and sugar until blanched.

Sift the flour, salt and baking powder together and **add** them in.

Add the heavy cream and vanilla extract.

Finish off with the warm melted butter.

MAKES SIX 8CM TARTLETS



Pour the batter out onto a baking mat or baking sheet lined with parchment paper and **spread** it to a depth of approx. 8mm.

Bake for approx. 20 minutes. To check the sponge is cooked, pierce it with a knife. If the knife is clean when you pull it out, that means it is cooked.

Remove the sponge from the tray immediately to stop it cooking.

Once the sponge has reached room temperature, **cut** it into 7cm circles.

If the sponge has risen too much during baking, **cut** it to a depth of 1cm.

VANILLA CRÉMEUX

INGREDIENTS

Milk	100g
Full-fat cream	100g
NOROHY vanilla bean	1
Egg yolks	30g
Sugar.....	20g
Gelatin	3g
VALRHONA Ivoire white chocolate ..	85g
Vegetable charcoal (optional)	0.2g

Soak the gelatin in cold water.

Heat the milk, cream and scraped vanilla.

Leave it to infuse for 15 minutes, taking care to lid the pan.

Remove the vanilla bean.

Mix the egg yolk and sugar.

Pour the liquids into the yolk and sugar mixture, whisking continuously so as not to cook the yolks.

Slowly cook all the ingredients over a low heat like you would a custard so it reaches 185°F (85°C) and coats the back of a spoon.

Pour onto the white chocolate and blend.

Add the drained gelatin (and charcoal, which is used here only as a coloring agent).

Mix using an immersion blender.

Place it in a container and cover it with film. Leave it in the refrigerator until it has set completely.

VANILLA WHIPPED GANACHE

INGREDIENTS

Full-fat cream ^[1]	50g
NOROHY vanilla bean	½
Gelatin	1g
VALRHONA Ivoire white chocolate ..	30g
Full-fat cream ^[2]	125g

Heat the cream^[1] and the scraped vanilla bean.

Stop cooking just before it reaches boiling point.

Leave it to infuse for 15 minutes, taking care to lid the pan.

MAKES SIX 8CM TARTLETS

Remove the vanilla bean, taking care to keep as much of the liquid as you can in the saucepan.

Heat the cream again while it is still steaming plentifully. **Pour** the hot cream into the white chocolate and combine the two.

Add the drained gelatin.

Mix using an immersion blender.

Drizzle in the cold cream^[2], blending all the while.

Seal the surface with plastic wrap and keep in a cool place until it has set completely (you will need to leave it overnight as a minimum).



VANILLA NECTAR

INGREDIENTS

Water.....	40g
Glucose syrup	40g
Panela.....	10g
Brown sugar.....	10g
Pectin NH glaze or 325NH95 pectin... 3g	
NOROHY vanilla bean	½

Heat the water, scraped vanilla and glucose syrup.

Once the mixture has reached 120°F (50°C) (it should be steaming), **sift on** the sugars and pectin mixed together.

Mix using a whisk.

Bring to a boil and **stop** cooking immediately.

Set it aside in the refrigerator until you are ready to use it.

VANILLA MIRROR GLAZE

INGREDIENTS

Sugar.....	100g
Glucose syrup	100g
Water.....	50g
30% fat cream	65g
VALRHONA Ivoire white chocolate. 100g	
Gelatin	6g
NOROHY vanilla bean	½

Soak the gelatin in cold water.

Bring the water, sugar, and glucose to a **boil** in a saucepan.

Pour the cream, white chocolate and drained gelatin into a measuring cup.

Pour in the syrup.

Blend it using an immersion blender, taking care not to incorporate any air bubbles.

Store the glaze in the refrigerator, covered with film, until you are ready to use it.

MAKES SIX 8CM TARTLETS

TEMPERED WHITE CHOCOLATE

INGREDIENTS

VALRHONA Ivoire white chocolate...200g
Ground used vanilla bean..... 10g

Temper the white chocolate using the seeding method.

Sprinkle a light covering of vanilla powder onto a sheet of guitar paper.

Pour on the tempered chocolate and **spread** it out to create a thin, homogeneous layer.

Apply another sprinkling of vanilla powder. **Leave to set**.

When the chocolate is soft but no longer sticks to your fingers, **cut** it into long strips with a width of approx. 2cm.

Place another sheet of guitar paper on top of the chocolate.

Roll the strips of chocolate around a 2 or 3cm tube and **leave them to set** in a cool, dry place.



WHO IS THE FRENCH PÂTISSIER?

The man behind The French Pâtissier is Mehdi, a Lyon native who has made his passion for pastry-making and sharing experiences with others his vocation. He is a scientist by training, and it was while doing his doctorate in astrophysics that Mehdi started making pastries and discovered his passion. Finally, he decided to swap his astrophysicist's hat for a pastry chef's by training in top establishments alongside renowned chefs such as Cédric Grolet, Cyril Lignac and Maxime Frédéric.

Endowed with an unstoppable creativity and driven by a determination to pass on his knowledge and start a conversation with other passionate people, Mehdi decided to create his blog, thefrenchpatisserie.com, where he shares his tips and innovative creations. Since then, his career plans have grown to encompass an ambition to bring pastry to life by sharing with people and awakening their senses.



BLEND

ASSEMBLING THE DOME

Beat the vanilla crèmeux to make it a little less stiff.

Fill the globe molds three-quarters full of vanilla crèmeux.

Knock the molds against the work surface to **remove** any bubbles.

Add the half-sphere of smooth caramel into the middle of the crèmeux and use a pastry spatula to **smooth** the crèmeux completely.

Freeze.

Using a food processor fitted with a whisk, **beat** the whipped ganache until a ribbon forms.

Fill the Minidot molds three-quarters full.

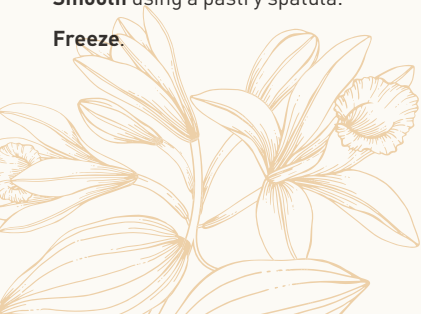
Knock the molds against the work surface to **remove** any bubbles.

Run a toothpick or the tip of a knife along the groove in the small cavity so that the whipped ganache sits snugly against the mold.

Arrange the frozen crèmeux and caramel insert in the middle of the whipped ganache.

Smooth using a pastry spatula.

Freeze.



ASSEMBLING THE TARTLET

Arrange a thin layer of caramel in the base of the tartlet.

Put in place a vanilla pastry disk.

Whisk the rest of the crèmeux to make it a little less stiff and use it to **fill** the tartlet to the top.

Smooth using a pastry spatula.

Heat the mirror-finish glaze to 95°F (35°C). **Blend** it, taking care not to create any bubbles.

Turn out the vanilla whipped ganache domes and pick them up with a toothpick. Make sure they are not icy, as this would prevent the glaze from adhering to the dome.

Dip them gently into the glaze, being careful not to get any icing in the central hole.

Wipe away any excess glaze and **arrange** the domes on the tartlets.

(Another way of glazing the domes is to place them on a wire rack and protect the central hole using a cutter covered in plastic wrap. Pour the glaze around the cutter before taking it away.)

Add some almond slivers around the edge of the tartlet.

Put the vanilla nectar in the hole.

Add 3 white chocolate pieces to decorate each tartlet.

Leave them to defrost for 3 hours in the refrigerator.

Take the tartlets out of the fridge 15 minutes before serving.

STORAGE CONDITIONS

SMOOTH CARAMEL

Can be stored for 10 days **in the refrigerator** covered with plastic wrap. Can be stored for several months **in the freezer** covered with plastic wrap.

VANILLA-FLAVORED SWEET PASTRY

Can be stored **uncooked**, rolled into a ball, rolled out or in tart cases, **in the freezer** for several weeks. Can be stored **baked in the freezer** for several weeks. Can be stored **baked at room temperature** for one week.

VANILLA SPONGE

Can be stored for 4 days **baked**, covered with plastic wrap, **in the refrigerator**. Can be stored for several months, **baked** and covered with plastic wrap, **in the freezer**.

VANILLA CRÉMEUX

Can be stored for 48 hours **in the refrigerator**. Can be stored for several weeks **in the freezer**.

VANILLA WHIPPED GANACHE

Can be stored for 48 hours **in the refrigerator** and covered in plastic wrap before being beaten.

VANILLA NECTAR

Can be stored for 10 days **in the refrigerator** covered with plastic wrap. Can be stored for several months **in the freezer**.

VANILLA MIRROR GLAZE

Can be stored for 10 days **in the refrigerator** covered with plastic wrap. Can be stored for several months **in the freezer**.

FINISHED TARTLET

Can be stored for 48 hours **in the refrigerator**. Best if consumed within 12 hours of assembly.

