

Vanilla & Strawberry Saint Honoré Tart



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AN ORIGINAL RECIPE BY *l'École Gourmet Valrhona*

Makes 1 Saint Honoré for 6

To be done the day before:

STRAWBERRY INSPIRATION
crèmeux
IVOIRE 35% vanilla whipped ganache
Puff pastry
Crisp

To be done on the day:

Choux pastry

Required utensils:

4.5cm-diameter half-sphere
silicon mould
3cm-diameter
round cookie cutter

PUFF PASTRY

Preparation time: 1 hour

Rest time before use: 7 hours

European-style butter

125g Butter

Détrempe dough

250g Plain flour
5g Salt
130g Water
15g Butter

**See the nutrition tip section
at the end of the recipe for
a plant-based alternative.*

Preparing the butter: flatten the butter using a rolling pin and make a 9 × 25cm rectangle using baking paper. Store in the refrigerator for an hour.

Making the détrempe dough: with your hands, knead* all the ingredients together. Shape them into a ball, cover with film and leave to stand in the refrigerator for 2 hours.

Folding the pastry*: create a 20 × 25cm rectangle with the détrempe dough. Place the butter in the middle of the rectangle and fold the détrempe dough over it to enclose the butter.

Carry out a single turn: roll out the dough into a rectangle, fold the upper third back into the middle and the lower third over the first fold. Leave to sit in the refrigerator for 2 hours. Fold again. Leave to sit in the refrigerator for 2 hours. Follow the same steps, then leave to sit in the refrigerator for 2 hours. Finish with a book turn: roll out the dough into a rectangle again, fold the upper quarter into the middle and do the same with the lower quarter. Fold the whole of the dough in half and leave to stand in the refrigerator before use.

Roll the puff pastry out so it is 2mm thick, leave in the refrigerator for 1 hour before cutting out a 10 × 25cm rectangle. Bake the rectangle at 180°C in a fan oven for 35 minutes, making sure to flatten it every 10 minutes using a baking tray.

**Knead: mix by pressing with the palms of your hands.*

**Folding: this technique involves folding the dough and the butter into each other to create puff pastry.*

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STRAWBERRY INSPIRATION CRÉMEUX

Preparation time: 30 minutes

Rest time before use: 12 hours

50g Strawberry purée
3g Glucose syrup
2g Gelatine powder
10g Water
75g **STRAWBERRY
INSPIRATION**

85g Cold whipping
cream 35%

Mix the strawberry purée and glucose and heat them to approx. 80°C. Add the rehydrated gelatine. Gradually pour onto the melted

STRAWBERRY INSPIRATION. Mix using a hand blender to make a perfect emulsion. Add the cold whipping cream and mix again using a hand blender. Cover the surface with plastic wrap and leave to set in the refrigerator overnight.

IVOIRE 35% & VANILLA WHIPPED GANACHE

Preparation time: 30 minutes

Rest time before use: 12 hours

60g Whipping cream 35%
5g Acacia honey
½ Vanilla bean
IVOIRE 35% chocolate

85g Cold whipping
cream 35%

150g

Heat the 60g of cream with the honey and vanilla seeds. Combine with the melted **IVOIRE 35%** in three batches while mixing with a spatula.

Add all the 150g chilled whipping cream in one go and finish off the emulsion using a hand blender.

Cover the surface with plastic wrap and leave to set in the refrigerator overnight.

CHOUX PASTRY

Preparation time: 30 minutes

80g Water
80g Whole milk
2g Caster sugar
2g Fine salt
75g Unsalted butter
90g Plain flour
3 Eggs (approx.)
2g Vanilla powder*

Bring the milk, water, butter, sugar, salt and vanilla powder to the boil. Remove from the heat, add the flour and stir.

Put the pan back on the heat and use a spatula to help evaporate any liquid off the dough until it pulls away from the sides.

Put the dough in a food processor with the paddle attachment to finish drying out and leave to cool.

Beat the eggs and add them one by one to the dough. The dough is ready when it has a ribbon-like, glossy texture.

Using a piping bag with a plain round 10mm nozzle, add 2.5cm-diameter choux buns and place a frozen crunchy disc on each bun.

Bake in a fan-assisted oven at 180°C for approx. 20 minutes. Lower the temperature to 170°C in a fan-assisted oven for 5 minutes to allow the choux buns to finish drying.

**The vanilla powder is made by scraping the beans, drying them in the oven for 2 hours at 80°C and then blending.*

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TEMPERING THE CHOUX BUN GLAZE

Preparation time: 45 minutes

600g **STRAWBERRY INSPIRATION**

Melt two-thirds of the total quantity of couverture in either a bain-marie or microwave. Heat to 45-50°C. Once these temperatures have been reached, add the remaining third of unmelted and preferably chopped **INSPIRATION FRAISE**. Mix by hand, then using a hand blender. Be careful not to incorporate any air bubbles. Check the temperature of the chocolate - it should be 31-32°C.

The chocolate is now tempered. Make sure you keep the chocolate at this temperature while you work with it. If you need to, use a hairdryer to reheat its surface.

CRISP

Preparation time: 30 minutes

Rest time before use: 12 hours

75g **Creamed butter**
90g **Brown sugar**
90g **Plain flour**

Mix the creamed butter with all the other ingredients until a homogeneous ball forms. Spread out between two sheets of plastic wrap or baking paper. Gently remove the top sheet, then cut out discs with a diameter of 3cm. Put the sheet back on top and freeze overnight.

ASSEMBLY

Preparation time: 1 hour

Fresh strawberries

Cleanly cut the puff pastry using a serrated knife. Garnish the choux buns with **STRAWBERRY INSPIRATION** crèmeux then coat them with some tempered **STRAWBERRY INSPIRATION**. Place the iced choux buns in the 4.5cm half-sphere silicon moulds for a lovely smooth finish. Pipe dashes of **STRAWBERRY INSPIRATION** crèmeux using a piping bag without a nozzle, to attach the choux buns to half of the pastry. Whisk the **IVOIRE 35%** vanilla whipped ganache and pipe using a piping bag with a 20mm Saint Honoré nozzle. Pipe onto the other side of the pastry, using an irregular pattern. Decorate with some strawberry quarters.

Chef's tip

With the remaining choux pastry, you can also make chouquettes (make sure you still use the amounts given in the recipe when making the choux pastry!) Any unused tempered **STRAWBERRY INSPIRATION** couverture may be stored for use in future recipes.