

100 years
of Commitment

VALRHONA

CARAÏBE CHOUX BUNS

with praliné center

RECIPE CREATED BY VALRHONA'S ÉCOLE GOURMET

To be made the day before:

CARAÏBE 66%
Whipped Ganache

To be made on the day:

50% almond/hazelnut
praliné
Choux pastry

Required utensils:

Stainless steel rings, 5cm in diameter
3 SILPAIN-type perforated baking mats
Perforated baking trays
Smooth nozzle
Filling nozzle
Melon baller

MAKES SIX INDIVIDUAL PORTIONS

CARAÏBE 66% WHIPPED GANACHE

Preparation time: 15 minutes
Leave to sit for: at least 3 hours

110g Whipping cream 35%
13g Honey
90g **CARAÏBE 66%**
240g Whipping cream 35%

Heat the cream and honey until they come to a simmer. Meanwhile, chop the **CARAÏBE 66%** chocolate. Pour the hot cream in three batches over the chopped chocolate, mixing with a rubber spatula between each batch to create an emulsion. The texture should be shiny and elastic. Once the hot cream has been completely added, mix using a hand blender, then add the cold cream and mix well to completely incorporate it. Cover the surface with clingfilm and leave to set in the refrigerator for at least 3 hours. Then, use an electric whisk to obtain a sufficiently firm texture.

ALMOND/HAZELNUT AND VANILLA PRALINÉ

Preparation time: 30 minutes

100g Blanched almonds
100g Blanched hazelnuts
2 Vanilla beans
135g Caster sugar
35g Water
2g Fleur de sel

In an oven preheated to 300°F (150°C), roast the hazelnuts and almonds for 15 minutes. Meanwhile, prepare a syrup with the sugar and water in a thick-bottomed saucepan until it boils. Remove from the heat, add the roasted nuts, and mix to coat them with syrup. Place back onto medium heat, stirring all the time, until a nice caramelisation is obtained. Pour out onto baking paper and leave to cool. Scrape the vanilla pods to extract the seeds. Once the mixture is cold, break into pieces and place into a food processor with the vanilla seeds and fleur de sel. Blend until the mixture has reached the desired consistency.

