

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.

CYLINDRICAL CHOUX PASTRY

Preparation time: 30 minutes Baking time: 1 hour 10 minutes

> 80g Water 80g Whole milk

2g Caster sugar

2g Fine salt 75g Unsalted butter

90g Plain flour

140g Eggs

Boil the water, milk, butter, sugar, and salt in a saucepan. Remove from the heat, add the flour, then heat again over low heat to dry out the dough with a spatula for a few minutes. Pour into a stand mixer bowl. Mix for a few minutes using the paddle attachment at medium speed until the dough has cooled. Beat the eggs and gradually add them to the mixture, continuing to work with the paddle attachment.

Pour the choux pastry dough into a piping bag.

Line the 5cm diameter stainless steel rings using a perforated baking mat cut to the dimensions of the rings.

Place the lined rings on a perforated baking tray covered with a perforated baking mat.

Pipe out the choux pastry to fill $^{1}/_{3}$ of each ring, maximum (approx. 25g).

Cover with a second perforated baking mat and a perforated baking tray. Place a fairly heavy weight on top of it (cast iron pot with water at the bottom, for example) and bake in a preheated oven at 375°F (190°C) for about 1 hour and 10 minutes.

Turn out the choux buns, and leave to cool on a rack.

ASSEMBLY

Using a knife, pierce the choux buns, then garnish them with **CARAÏBE 66%** whipped ganache using a piping bag fitted with a smooth nozzle.

Pour the almond/hazelnut praliné into a piping bag with a filling nozzle. Fill the centres of each choux bun with the praliné. If necessary, add a little more **CARAÏBE 66%** whipped ganache.

Pipe out a ball of CARAÏBE 66% whipped ganache on top of each choux bun.

Using a melon baller previously soaked in hot water, dig out the centre of each ball, then fill each pit with the almond and hazelnut praliné.

Decorate with a few raw hazelnuts.

Chef's Tip

If you don't have time to make your own praliné, you can use our 50% almond and hazelnut praliné! The use of SILPAIN-type perforated baking mats is essential for obtaining a cylinder-shaped choux pastry. These mats are not disposable. Once they have been cut with a pair of scissors, they can be washed and reused again and again. These mats are available in shops and online for amateur pastry chefs.

Nutrition tip

To make your praliné, almonds and hazelnuts can be replaced by nuts of your choice in equal quantities: sesame, peanuts, pecans, pistachios, etc.

