



MODULE IT - PREPARATION SHEET FOR RECIPES

APRO FORMAZIONE – FDM ECOLE HOTELIERE CANNES – NOORDEPOORT - SEDU

Servings: 2 x 8 people

Recipe Name: Paris-Brest (French Pastry)

Description: Round shape of choux pastry filled with a pralin cream. Topped with roasted sliced almonds and icing sugar.



INGREDIENTS	UNIT OF MEASURE	QUANTITY	PROCESSING STAGES
CHOUX PASTRY			Bring to boil water, milk, salt and butter chopped in small pieces. Add all the flour quickly in one time. Dry few seconds on the stove. Pour in a bowl and add the whole eggs gradually until to have a soft and bright dough. With a pipe bag make a round shape of 22 cm diameter, empty inside like a bicycle wheel. Top with roasted sliced almonds. Bake 35/40 min in the oven: 170°C.
Water	g	125	
Milk	g	125	
Salt	g	3	
Butter	g	100	
Flour	g	150	
Whole eggs	g	± 250	
PRALINE CREAM			Mix praline and butter together and whipped it with a wisk until a lighter color. Add slowly the pastry cream and the whipped cream
Praline	g	300	
Softened butter	g	400	
Pastry cream	g	500	
CARAMELIZED HAEIZNUTS			Roast hazelnuts and peel it. Make a syrup with water sugar and glucose. Bake until 175°C (caramel color) and add hazelnuts. Mix few minutes and poor in a bowl to cool it.
Hazelnuts	g	200	
Water	g	100	
Caster sugar	g	300	
Glucose	g	80	
			Cut the choux pastry in two parts. Fill a first time the bottom with the praline cream. Add caramelized hazelnuts. Fill a second time with the praline cream with une pipe bag. Top with the second part of choux pastry and add icing sugar.
Cooking time: 35/40 min in the oven			Preparation and cooking equipment: Bowl- pastry socket
Preparation time: 2h30			





Recommended individual quantity:

Variations: Make different shape with choux pastry