

# Paris-Brest Recipe

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Prep. time : 30 minutes

Cook time : 35 minutes

Ready in 65 minutes

Level : Advanced

## **Pâte à Choux**

- Milk 125g (4.4oz)
- Water 125g (4.4oz)
- Butter 100g (3.5oz)
- Salt 5g (1Tsp)
- Sugar 5g (1Tsp)
- All purpose flour 150g (5.3oz)
- Eggs approximately 250g (8.8oz or 5 medium eggs)

## **Hazelnut Crème Mousseline**

- Milk 500g (2 cups)
- Egg yolks 100g (3.5oz or 5 medium egg yolks)
- Sugar 125g (4.4oz)
- All purpose flour 25g (1.5Tbsp)
- Corn starch 25g (1.5Tbsp)
- Vanilla powder to taste
- Hazelnut paste 100g (3.5oz)
- Butter 250g (8.8oz)

## Directions

1. Put milk, water, butter, salt and sugar in a saucepan and cook until it boils.
2. Remove the pan from the stove and add the flour.
3. Put everything back on the stove and cook, stirring constantly for a couple of minutes. Transfer the dough into a clean bowl and leave it to cool down a bit.
4. Beat the eggs and add them gradually to the paste mixing well after each addition. The finished dough should be soft, smooth and creamy.
5. Using a star tip, pipe the rings, brush them with egg wash, and sprinkle with chopped hazelnuts. Bake Paris-Brest at 180°C-200°C (350°F-400°F) for about 25 minutes, until golden brown.
6. To make crème mousseline mix the milk, half of the sugar and vanilla powder in a large saucepan and heat it up.
7. Blanch the egg yolks with the rest of the sugar, add sifted flour and cornstarch and whisk to combine.
8. Temper the yolk mixture with approximately half of the heated milk. Return the yolk mixture to the pan, put it back on the stove and cook stirring vigorously until the cream boils and thickens. Allow pastry cream to boil for another 2 minutes stirring constantly.
9. Remove the pan from the stove, and immediately pour the cream into a clean bowl. Cover it by placing plastic wrap on the surface of the cream and leave it to cool down.
10. When the cream gets cold, whisk it until it becomes uniform and add the hazelnut paste.
11. Add softened butter little by little until the cream becomes smooth.
12. Cut cooled Paris-Brest in half. Generously pipe the cream on the bottom ring, and cover the cream with the top choux ring.
13. Chill them in the fridge for a couple of hours, and before serving sprinkle them with some powdered sugar.