

Life Is What You Bake It!

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Recipe Name: Paris -Brest

Recipe Ingredients:

- Praline Paste (makes about 7 oz - 200g paste)
 - 1/2 cup (75g) whole hazelnuts
 - 1/2 cup (75g) whole almonds
 - 1/2 cup (100g) sugar
 - 2 tbsp (30ml) water
 - pinch of salt
- Choux Pastry
 - 1 cup (125g) all-purpose flour
 - 3.5 fl oz (100ml) milk
 - 3.5 fl oz (100ml) water
 - 2 tsp (10g) sugar
 - 1/2 tsp (2g) salt
 - 5 1/2 tbsp (80g) unsalted butter
 - 4 eggs
- Praline Mousseline Creme
 - 2 cups (480 ml) milk
 - 4 egg yolks
 - 1/3 cup (70g) sugar
 - 2 tbsp (20g) flour
 - 1/4 cup (30g) cornstarch
 - 1 tsp (5g) vanilla extract
 - 1 tbsp (15g) unsalted butter
 - 7 oz (200g) praline paste
 - 2/3 cup (150g) butter, room temperature
- Topping

- 1 egg, beaten
- almond flakes
- powdered sugar for decoration

Recipe Instructions:

1. Praline paste

- a. Preheat oven to 300F
- b. Place the nuts on a baking sheet and let them toast for 15 minutes
- c. Transfer the toasted nuts onto a clean kitchen towel and rub the nuts to remove as much skin as possible
- d. Let them cool completely
- e. In a small saucepan heat sugar and water over medium high heat until turns golden brown
- f. Stir in nuts to coat with the caramel and transfer the praline to a baking sheet to cool completely
- g. Break the praline into smaller pieces Grind in a food processor until it gets into a thick paste, for about 10 minutes.
- h. Refrigerate until ready to use

2. Choux pastry

- a. Line a baking sheet with parchment paper and draw a 8 inch (20 cm) circle
- b. Flip the parchment paper, make sure the circle line is still visible
- c. Preheat oven to 350F
- d. Sift the flour
- e. In a saucepan bring the milk, water, sugar, salt and butter to a boil
- f. Remove from heat and add flour all at once and incorporate mixing energetically with a wooden spoon until homogenous
- g. Return the saucepan over low heat and while stirring cook for 1 minute or two to pull out the moisture from the batter and until it pulls away from the sides of the pan.

- h. Transfer batter to a large bowl and allow to cool
 - i. Add the eggs one at a time, carefully incorporating each into the batter using the wooden spoon or even a stand mixer
 - j. Fit a pastry bag with a large ½ inch (1cm) round tip and pipe two circles of pastry next to each other following the drawn line.
 - k. Pipe another one overlapping the first two
 - l. Brush with beaten egg and sprinkle almond flakes over the top
 - m. Bake for 45-50 minutes until browned and puffed. Turn off the heat and let cool in the oven for 15 minutes with the oven door slightly ajar
 - n. Remove from the oven and prick with a toothpick to let the steam escape
 - o. Cool completely on a wire rack
3. Praline Mousseline Creme
- a. Whisk the egg yolks with sugar until slightly pale
 - b. Incorporate the cornstarch and flour
 - c. Pour the milk into a saucepan and bring to a simmer
 - d. Pour about a third of the hot milk over the egg yolks mixture
 - i. Pour the whole mixture into the saucepan over the milk.
 - e. Bring to a boil while stirring and thickens
 - f. Keep enough over heat to cook all the cornstarch
 - g. Remove from heat, add vanilla and incorporate 1 tablespoon butter.
 - h. Pour the cream into a clean bowl , cool slightly, cover with plastic wrap, pressing it directly onto the surface of the pastry cream to prevent forming a skin on the surface.
 - i. When completely chilled mix until smooth.
 - i. Add praline paste and mix until combined
 - j. Gradually mix in butter and continue mixing until creamy
4. Assemble Paris-Brest

- a. Cut the choux pastry in half. Place the bottom part onto a serving platter.
- b. Transfer the praline mousseline creme into a piping bag fitted with 1M star tip
- c. Pipe 1 line of creme to fill the bottom then top with a thicker and beautiful decorated line of cream. Top with the second half of pastry.
- d. Refrigerate for at least 1 hour before serving.
- e. Dust with powdered sugar and serve