



— DESTY BRAMI & BRUNO CIRET —

# PARIS-BREST SHORTBREAD

EXPERT MASTERCLASS





## TECHNICAL DESCRIPTION

### TOTAL COMPLETION TIME

2 hours

### COMPLETION TIME

1 hour 40 minutes

### BAKING TIME

1 hour 30 minutes

### REST PERIOD

1 hour

### INGREDIENTS

SERVES 8:

- 9.3 oz Butter (265 g)
- 1 oz Confectioner's sugar (30 g)
- 7.1 oz Sugar (200 g)
- 7.1 oz Flour (200 g)
- 0.7 oz Cornstarch (20 g)
- 7.8 oz Whole eggs (220 g)
- 1 Pinch of salt
- 0.3 oz Fleur de sel
- 2.6 oz Water (75 g)
- 9.7 oz Low-fat milk (275 g)
- 8.8 oz Almonds (250 g)
- 12.3 oz Hazelnuts (350 g)
- 0.9 oz Hazelnut powder (25 g)
- 0.9 oz Hazelnut paste (25 g)
- 1/2 Vanilla pod

### SPECIFIC UTENSILS

- Sieve
- Ø 7.1 in (18 cm) and 1.6 in (4.5 cm) high ring
- Ø 5.5 in (14 cm) and 1.6 in (4.5 cm) high ring
- Pre-cut strips of perforated silicone baking sheet or baking paper
- 3 x Piping Bags
- #15 Plain tip (choux pastry piping)
- PF 15 or PF 16 fluted tip
- Robot-cutter



## STEP 1 – HAZELNUT SWEET PASTRY DOUGH

Sift all of the dry ingredients over the work surface.

Add the butter, precut in small pieces.

Make a "sablage" by mixing the dry ingredients and rubbing them with your hands, swiftly yet gently.

Once the mixture has a sandy texture, add the eggs and the salt.

Using your fingers, gently mix for a few seconds then, using a dough scraper, continue to mix the dough by "cutting in" the mixture.

Once the dough starts to have the right consistency, using the palm of your hand or a dough scraper, continue to mix it a little bit.

Roll out the dough into a square shape.

Cover with cling film and refrigerate at +39° F (+4° C) for about 20 minutes.

### INGREDIENTS

- 1.9 oz Butter (55 g)
- 1.1 oz Confectioner's sugar (30 g)
- 0.9 oz Hazelnut powder (25 g)
- 3.9 oz Flour (110 g)
- 1.1 oz Whole eggs (30 g)
- 1 Pinch of salt

### CHEF TIPS

- Sifting the dry ingredients allows to aerate them and to remove potential clusters of moisture.
- When sifting the hazelnut powder, there is no need to sift it completely, because it contains a lot of tiny bits of hazelnut skin that are thicker than the rest of the powder.
- The rub in method ("sablage" in French) refers to the step which consists of adding the butter to the flour. It seals the flour grains and prevent the gluten from giving strength to the dough.
- Since the dough is mixed by hand, care must be taken not to overheat the dough with the warmth of your hands.
- The "sablage" is done when the color of the dough starts to change and when there are no more chunks of butter left in the dough.
- It is possible to prepare the dough the day before and refrigerate it overnight at +39° F (+4° C).

## STEP 2 – CHOUX PASTRY DOUGH

### INGREDIENTS

- 2.6 oz Water (75 g)
- 2.6 oz Low-fat milk (75 g)
- 2.6 oz Butter (75 g)
- 3.2 oz Flour (90 g)
- 5.3 oz Whole eggs (150 g)

### CHEF TIPS

- There is no need to add sugar to this recipe, because the lactose in the milk already contains sugar. By adding extra sugar, the dough may get too dark in color.
- It is important to cut the butter into small chunks so that, once the mixture starts to boil, the butter has already melted and there are no visible chunks left.
- For this recipe, avoid using fine wheat flour or similar flours. They may give too much body to the dough.
- When you lift the spatula, the choux pastry must have a ribbon texture. If you run your finger or place the spatula at the bottom of the mixing bowl, the choux pastry should be firm enough to hold itself. If it is not the case, add some eggs until you get the desired texture.
- Do not overfill the piping bag with choux pastry dough so it will pipe more easily.

In a pan, pour the water, the milk, the salt and add the small pieces of butter.

Heat it up until the butter has completely melted and bring to the boil.

Sift the flour over a sheet of parchment paper.

Once the mixture is boiling, remove from the heat and add the flour in one go. Using a spatula, mix vigorously until the dough is homogeneous in texture. This is what we call a "panade".

Once the panade no longer sticks to the pan, place it in a round-bottomed mixing bowl and continue to mix for a few seconds.

Gradually add the eggs, while mixing with the spatula.

Every time the dough become homogeneous, add a little bit more eggs, until you obtain the desired texture.

Fill a piping bag fitted with a #15 plain tip with the choux pastry dough.



## STEP 3 – SPECIAL ASSEMBLY & BAKING THE DOUGHS

Preheat the oven to 356° F (180° C).

Get a perforated silicone baking sheet and cut it according to the following dimensions:

- The width of the strips must be equal to the height of the ring and measure 1.6 in (4.5 cm)
- The length of the strip must be equal to the total diameter of the rings: 17.3 in (44 cm) for the small ring and 22 in (56 cm) for the large one.

Get the chilled sweet pastry dough.

Dust the work surface, than roll out the dough and flip it over, from time to time.

Roll out the dough so it roughly measures 19.7 in (50 cm) x 3.9 in (10 cm).

Cut two 1.6 in (4.5 cm) wide strips, which is equal to the height of both rings.

Grease the strips of silicone baking mat: they will be easier to handle and they will stick to the strip of dough.

Prepare a baking sheet fitted with a perforated silicone baking mat.

Arrange the two rings in a concentric manner.

Cut the strips of dough.

The shorter strip of dough must measure a little bit more than 17.3 in (44 cm) so it fits the exterior side of the smaller ring.

The longer strips must measure a little less than 22 in (56 cm), so it fits the interior side of the ring.

Gently place the strips of dough on top of the strips of silicone baking mat, then arrange them, delicately, on the exterior side of the small ring and then on the interior side of the larger ring.

Press with you finger to seal them.

The two strips of dough must face one another in between the two rings.

Using the prefilled piping bag, pipe about 9.9 oz (280 g) of choux pastry dough between the two rings.

Place a second perforated silicon baking mat on top of the rings, plus one or two baking sheets (the choux pastry dough must not rise and move the baking sheets).

Bake in a ventilated oven at 356° F (180° C) for about 45 to 60 minutes.

One baked, remove the baking sheets and the rings.

Place once more in the oven and bake for 15 minutes at 338° F (170° C).

### CHEF TIPS

- Make sure to regularly lift the dough from the work surface so it does not stick to it.
- The strips of perforated silicon baking sheet can be replaced by strips of parchment paper.
- Since the choux pastry dough must bake under pressure while placed in between the strips of shortbread dough, do not hesitate to add some extra weight to the bottom cooking sheet.

## STEP 4 – ALMOND & HAZELNUT ROASTING

### INGREDIENTS

- 8.8 oz Almonds (250 g)
- 8.8 oz Hazelnuts (250 g)
- 3.5 oz Hazelnuts (100 g)

Get a baking sheet and a sheet of parchment paper.

Arrange the almonds and the hazelnuts on the baking sheet. Make sure to separate the 3.5 oz (100 g) of hazelnuts that will be used for the final assembly from the hazelnuts that will be used for the praline and the almonds.

Bake in a ventilated oven at 356° F (180° C) for about 25 minutes.

### CHEF TIPS

- To check and see if the nut is properly roasted: simply cut a nut in half and look at its coloring. If the core of the nut has turned brown, then it has been baked enough.
- Roasting a nut enhances its flavor.



## STEP 5 – PASTRY CREAM

In a pan, over medium heat, pour the milk and the vanilla pod that has been cut in half.

Meanwhile, in a bowl, pour the sugar with the starch and dry mix these ingredients.

Add the eggs and, using a whisk, mix vigorously until obtaining a mixture homogeneous in texture.

Take the vanilla bean out of the pan and crush it to extract the essential oils from the pod.

Once the mixture starts to boil, add about 1/3 of the milk to the egg based mixture in order to dilute it. Mix.

Then, pour everything out into the pan, with the rest of the milk and heat up again.

Mix vigorously so the mixture does not burn.

Once it starts to boil again, continue to mix for about 2 minutes and make sure to mix thoroughly to get every single part of the pan.

Remove from the heat, add the pre-cut butter and mix.

Line a flat recipient (a plate for example) with some cling film and pour the cream into it.

Refrigerate at +39° F (+4° C) for 30 minutes.

### INGREDIENTS

- 7.1 oz Low-fat milk (200 g)
- 1.4 oz Sugar (40 g)
- 0.7 oz Cornstarch (20 g)
- 1.4 oz Whole eggs (40 g)
- 0.3 oz Butter (10 g)
- 1/2 Vanilla pod

### CHEF TIPS

- Mix the sugars and the starch before adding the other ingredients in order to avoid the formation of lumps in the cream.
- The flavor of the vanilla comes from the essential oil in the pod, not in the beans.
- The used vanilla pod may be dried and mixed to make some vanilla powder (with some sugar) or may be added to the dry fruits when roasted.



## STEP 6 – CARAMEL POWDER , ALMOND & HAZELNUT PRALINE

### INGREDIENTS

- 8.8 oz Sugar (250 g)
- 0.3 oz fleur de sel (10 g)
- 8.8 oz roasted hazelnuts (250 g)
- 8.8 oz roasted almonds (250 g)

### CHEF TIPS

- When preparing a dry caramel, it is important to gradually add the sugar and to keep an eye on the pan. If the caramel starts to burn, it will taste bitter.
- You may add other flavors to the praline: you can add some lemon zests, some vanilla or use another sort of dry fruit altogether.
- Once chopped, be careful not to cut yourself with the small bits of caramel.
- Sugar is hygroscopic (it grabs water), hence you must cover the caramel with cling film so it does not attract any humidity and form lumps.
- When you are preparing the praline with the robot-cutter, the texture goes from hard to pasty and then, it becomes liquid because of the oil present in the dry fruits.

In a pan, over medium heat, pour a small quantity of sugar and prepare some dry caramel.

Using a spatula, mix delicately.

Once the sugar starts to melt, gradually add the rest of the sugar.

Mix well and make sure to crush the sugar granules, so that everything thoroughly melts.

As soon as the caramel has a nice amber color and is slightly smoking, remove from the heat, the caramel is ready.

Pour the caramel on top of a silicone baking mat, Let it cool down and harden.

Let it set for about 10 minutes at room temperature.

Once the caramel has cooled down and hardened, break it into small pieces.

Place the caramels pieces into the robot-cutter and mix until you get a caramel powder.

Take out a small quantity of the powder, wrap it in cling film and set it aside. You will be using it for the final assembly of the Paris-Brest.

In a mixer, put the fleur de sel and the roasted dry fruits.

Mix in stages, to properly grind the dry fruits.

Mix until you get a liquid texture.

Fill a piping bag with the praline and set aside for the final assembly of the Paris-Brest.

Keep the rest in a recipient, you will be needing it for the praline mousseline cream.

## STEP 7 – PRALINE MOUSSELINE CREAM

In a mixer bowl, put the softened butter, the almond / hazelnut praline and the hazelnut paste.

Using a whisk attachment, set the mixer at Speed #8 and whip.

Using a dough scraper, clean off the sides of the bowl if necessary and continue to whisk.

Meanwhile, place the pastry cream in a round-bottomed bowl and dilute while mixing vigorously.

Add the cream to the mixer bowl and mix for a few minutes to allow the mixture to expand.

The cream must be smooth and homogeneous.

Fill a piping bag fitted with a PF15 or PF16 fluted tip with some mousseline cream.

### INGREDIENTS

- 4.4 oz Butter (125 g)
- 3.5 oz Praline (100 g)
- 0.9 oz Hazelnut paste (25 g)
- 10.6 oz Pastry cream (300 g)

### CHEF TIPS

- A mousseline cream is a cream that contains butter. There are several preparation methods, which take into account when the butter is added to the mixture.
- Keeping the mousseline cream at the right temperature is very important: keep it between 59° F and 64 ° F (15° C and 18° C) to get the right texture.
- If the mixture is too cold, the cream may have some small grains of butter.
- If that is the case, heat up the cream a little bit, so it is at the right temperature again.



## STEP 8 – PARIS-BREST SHORTBREAD FINAL ASSEMBLY & DECORATION

### INGREDIENTS

- 8.8 oz Sugar (250 g)
- 0.3 oz Fleur de sel (10 g)
- 8.8 oz Roasted hazelnuts (250 g)
- 8.8 oz Roasted almonds (250 g)

### CHEF TIPS

- Leave the Paris-Brest shortbread at room temperature for a few minutes before serving it, so that the mousseline cream has a creamier texture.

Take the choux pastry /shortbread dough piece and flip it over so that the "prettiest" side is set against the work surface.

Using a knife, carefully remove the top part of the dough, all around the ring, to expose the inside and hollow part of the dough. Set that piece of dough aside. Using your fingers, press down the choux pastry dough.

Pipe the mousseline cream and make sure to coat the bottom and the sides.

Then, pipe some praline on top.

Using the bottom part of a pan, crush the roasted hazelnuts that you had set aside for the cake assembly.

Place these hazelnuts inside the Paris-Brest.

Pipe a little bit more mousseline cream or praline, according to taste.

Once the inside part has been filled, place the top back on it and slightly press down with your fingers.

Flip the Paris-Brest over and set it on a serving plate.

To decorate it, start by sprinkling some caramel powder over the whole surface of the Paris-Brest.

Then, pipe some small balls of praline mousseline cream on top.

Add some praline, chopped hazelnuts and sprinkle with confectioner's sugar.

**And VOILA CHEF, it is ready to be tasted!**