

Saint honoré lover

Love inspiration recipe



Recept

PUFF PASTRY

T55 flour	250g
T45 Flour	250g
Water	260g
Butter	25g
Temperated butter	250g
Totaal	1035

PUFF PASTRY

Place the flour, water and a small amount of butter in the mixer.

Knead until you get a smooth dough without overworking the mass. Form a ball, cut the top crosswise, cover with a tea towel and let the dough rest at room temperature for about 30 minutes.

Spread the butter into a rectangle about 1.25cm thick on parchment paper, cover the block with butter and refrigerate until firm but pliable (it should be able to fold gently without breaking).

On a lightly floured surface, roll out the dough slightly wider than the width of the butter block, and a third of the way down. Place the block of butter at one end of the dough. Fold the dough halfway into the butter, fold the other part, pressing firmly to seal the edges all around. Wrap the dough tightly and let cool if necessary.

Make a first turn (double turn) by rolling the dough into a 2 cm thick rectangle, fold the dough about three-quarters of the way through the dough. Fold the other portion over a quarter of the dough so that it reaches the left edge. Fold the larger side over the smaller side, then pack and refrigerate for at least 1 hour.

The second and fourth turns will be single turn each time, with an hour of rest each time.

The third turn will be like the first (double). After the last folding, the dough should be tightly wrapped in plastic sheet and refrigerated for at least 8 hours before use.

To use it, roll out the puff pastry to a thickness of 3 cm and refrigerate it before cutting it with a ø22 cm stainless steel circle. Bake the puff pastry in the oven at 200°C for 10 minutes and then lower the temperature to 170°C. Bake for about 25 minutes until golden brown.

PLAIN CRUNCHY DOUGH

Butter	75g
Brown sugar	75g
T55 Flour	90g
Totaal	240g

PLAIN CRUNCHY DOUGH

Mix all the ingredients together. Roll out the dough to a thickness of 2 mm and freeze it. Cut into discs according to the diameter of the cabbage.

PASTRY CHOUX

Water	125g
Milk	125g
Butter	100g
T55 flour	150g
Salt	5g
Sugar	15g
Whole eggs	225g
Totaal	745g

PASTRY CHOUX

In a frying pan, boil the water, milk, salt, sugar and butter. Stir the sifted flour and dry the dough over high heat. Remove it from the heat, put it in the mixing bowl and add the eggs one by one. Pipe the choux to the desired size. Place the crispy discs on top of the choux and start cooking at 180°C, vent closed for about 25 minutes. Turn the oven down to 160° C, open the vent and continue cooking for 15 minutes.

RASPBERRY CONFIT

Raspberry puree	800g
Sugar	160g
Starch	30g
Lime puree	25g
Gelatine powder 200 bloom	20g
Totaal	1035

RASPBERRY CONFIT

Take 400 g of puree and add the powdered gelatine. Mix well and let moisturize for 30 minutes. Combine the sugar and starch separately. In a saucepan, pour the remaining 400 g of puree, the lime puree, incorporate the sugar/starch mixture and mix. Bring to a boil while stirring. Off the heat, add the puree/gelatin mixture and blend again to homogenize the texture. Set aside in the refrigerator.

LYCHEE CONFIT

Lychee puree	610g
Williams Pear	150g
Sugar	150g
Inuline	45g
Starch	35g
Lime puree	25g
Gelatin powder 200 bloom	18g
Totaal	1033

LYCHEE CONFIT

Take 300 g of lychee puree and add the powdered gelatine. Mix well and let moisturize for 30 minutes. Combine the sugar and starch separately. In a saucepan, pour the remaining purees, the lime puree, incorporate the sugar/starch mixture and mix. Bring to a boil while stirring. Off the heat, add the puree/gelatin mixture and blend again to homogenize the texture. Set aside in the refrigerator for later use or immediately (see whipped cream recipe).

RASPBERRY CREAM

Raspberry confit	250g
Crème 35%mg	85g
Totaal	335g

RASPBERRY CREAM

Use the hot confit (60° C) and pour in the cold liquid cream. Blend intensely until you get a perfectly smooth and homogeneous texture. Let several crystallize in the refrigerator at 4°C.

LYCHEE CREAM

Lychee confit	500g
Crème 35%mg	170 g
Totaal	670g

LYCHEE CREAM

Pour the amount of cold liquid cream into the hot confit. Blend vigorously until you get a uniform and silky texture. Leave to set in the refrigerator for several hours.

LYCHEE WHIPPED FRUITY CREAM

Lychee confit	500g
Crème 35% mg	400g
Totaal	900g

LYCHEE WHIPPED FRUITY CREAM

Pour the amount of cold liquid cream into the hot confit. Blend vigorously until you get a uniform and silky texture. Leave to set in the refrigerator for several hours.

RASPBERRY WHIPPED CREAM

Raspberry confit	250g
Crème 35%mg	200g
Totaal	450g

RASPBERRY WHIPPED CREAM

Use the hot confit (60°C) and pour in the cold liquid cream. Blend intensely until you get a perfectly smooth and homogeneous texture. Let several crystallize in the refrigerator at 4°C.

RASPBERRY GLAZE

Raspberry confit	400g
Neutral glaze	400g
Citric acid 1,	6g
Totaal	801,6g

RASPBERRY GLAZE

Heat the confit and the neutral glaze to 60° C, add the citric acid solution and mix to obtain a perfectly homogeneous glaze. Traditional icing at 35/36°C or spray spray at 75°C.

Assembly, layout and finishing

On the baked puff pastry disc, spread a thin layer of raspberry confit and then intersperse the filled choux (half with raspberry/litchi cream) over the entire diameter. Prepare two pastry bags, each with a Saint Honoré nozzle, one with the raspberry whipped cream and the other with the lychee whipped cream. Pipe in Saint Honoré mode interspersing the two flavors. Place a glazed choux in the center and a few fresh raspberry halves. Decorate with the Sweetheart Dobla ref. 77791

Enjoy this exciting recipe.

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