YANN BRYS - MOF

CHOUX PETAL

Recipe makes 12 choux pastries

Ingredients

BROWN SUGAR CRUNCH
50 g butter
60 g flour
30 g brown sugar
25 g caster sugar

CHOUX PASTRY
125 g milk
55 g butter
67 g flour
2 g fine salt
125 g eggs

FRENCH MERINGUE
80 g egg whites
80 g caster sugar
80 g icing sugar

PASSION FRUIT AND MANGO COMPOTE
120 g mango pulp
80 g passion fruit juice
50 g caster sugar
4 g NH 325 pectin

MADAGASCAN VANILLA CREAM
75 g whole milk
75 g whipping cream
1/2 Madagascar Bourbon vanilla bean
20 g egg yolk
1.5 g powdered gelatine
10.5 g water
93 g Ivoire chocolate couverture 33% cocoa

WHIPPED VANILLA CREAM
40 g milk
2 Madagascar Bourbon vanilla beans
40 g caster sugar
5 g powdered gelatine
35 g water
70 g mascarpone
320 g whipping cream

Preparation

BROWN SUGAR CRUNCH
Mix the softened butter with the brown sugar and caster sugar.
Add the flour and spread very thinly between two sheets of greaseproof paper.
Refrigerate for 1 hour.

CHOUX PASTRY
Heat the milk, butter and salt. Add the sifted flour when the mixture begins to simmer.
Mix rapidly to dry out the dough.
Add the eggs one by one to hydrate the dough.
With a piping bag fitted with a 14 mm tip, pipe choux pastries that are 5 cm in diameter and cover them with 4 cm of the crunch.
Bake at 165°C for about 20 minutes.

FRENCH MERINGUE
Whisk the egg whites, adding the sugar little by little.
Add the sifted icing sugar. Using a spatula, create meringue petals on greaseproof paper.
Bake at 80°C for about 90 minutes.

PASSION FRUIT AND MANGO COMPOTE
Mix the caster sugar with the pectin.
Heat the mango pulp and the passion fruit juice, then add the sugar.
Boil, then chill at 4°C, covered with clingfilm, for 30 minutes.
Mix and refrigerate.

MADAGASCAN VANILLA CREAM
Heat the cream with the milk and grated vanilla bean.
Add the egg yolk and cook to 83°C.
Pour over the hydrated gelatin and the Ivoire couverture.
Mix and pour into a silicon mould.
Leave to harden at -18°C.

WHIPPED VANILLA CREAM
Infuse the cream with the vanilla beans for 5 minutes.
Add the sugar and warm.
Add the hydrated gelatin and bring to a simmer.
Pour onto the mascarpone, add the cold cream and refrigerate for 4 hours at 4°C.
Whip the cream and use it to decorate the choux pastries.
Inject the mango compote and place the choux pastry with the rounded side facing down.
Add the vanilla cream on the top and decorate with the meringue petals.
Sprinkle with vanilla powder.

Associated products

BEANS
MADAGASCAR
BOURBON VANILLA

PROVA GOURMET | 46 rue Colmet Lépinay | 93100 Montreuil - France | +33(0)1 48 18 17 20
gourmet@prova.fr | www.provagourmet.com