

ECOLE BELLOUET CONSEIL

SAINT-HONORÉ WITH VANILLA FROM TAHITI

Ingredients

Reversed puff pastry
300 g cubed "dry" butter 390 g flour type 55
130 g water
12 g salt
75 g softened butter

Craquelin
100 g butter
125 g brown sugar 125 g flour
10 g sugar with vanilla

Choux paste
250 g milk
100 g butter
5 g salt
8 g sugar
150 g flour type 55 260 g eggs
25 g milk

Pastry cream
500 g milk
2 Tahiti vanilla beans
110 g sugar
100 g egg yolks
40 g pastry cream powder 30 g butter

Light vanilla cream
640 g pastry cream
42 g gelatine mass
(6 g 200 bloom gelatine powder and 36g water) 200 g whipped cream

Vanilla chantilly
700 g cream
100 g mascarpone 50 g icing sugar
1 Tahiti vanilla bean

Caramel
500 g sugar 150 g water 150 g glucose

Preparation

Reversed puff pastry
Mix together the cubed "dry" butter and 130 g flour, spread onto a tray and refrigerate for 1 hour at 5°C. Make a "detrompe" with the mixer and dough hook using the 260 g flour, water, salt and softened butter. Allow to rest for 1 hour in the refrigerator at 5°C. Place the "detrompe" onto the butter and flour and fold into three. Give a simple turn (folded into 3) and rest for 1 hour. Give a double turn (book fold) and rest for 1 hour. Give a simple turn (folded into 3) and rest for 1 hour.
Stock the baton in "cling film" in the refrigerator at 4°C. Before using, give a double turn (book fold) and rest for 15 min before rolling out. In total we gave the puff paste 6 folds. Roll out the puff paste to 2.5 cm in thickness onto a baking tray of 60 x 40 cm and allow to rest for 30 min. Place the tray into a fan forced oven at 170°C for 4 min then into the freezer. Cut out 3 discs of 22 cm in diameter and place the discs on to sheets of "fiberpain". Stock for the choux paste.

Craquelin
In a mixing bowl fitted with a paddle, combine all ingredients together without overworking. Stock the paste in the refrigerator at 5°C. Roll out the paste in-between two plastic sheets. (This recipe gives a half tray of 60cm x 40cm). Put the paste into the freezer then cut out discs slightly larger than the size of the choux - around 2 cm in diameter. Stock in the freezer.

Choux paste
In a saucepan, bring to the boil the milk, butter, salt and sugar. Remove from the heat and add the flour. Return the pan to the heat and dry out the paste. Turn out the paste into a mixing bowl and using a paddle, turn the mixer on a slow speed to progressively add the eggs. Add the hot milk if necessary. Using a piping bag fitted with a N°14 nozzle, pipe out a crown onto the 18 cm discs of puff pastry. Pipe out the 1.8 cm small balls of choux onto a tray and cover with the discs of vanilla sable.
Bake in a bakers oven at 175°C for 35 to 40 min for the discs and 25 min for the small choux balls. Remove from the oven and cool down on racks until completely cold.
The remaining choux can be piped out and stocked in the freezer.

Pastry cream
Make a pastry cream with the indicated ingredients.
Cool down completely in the refrigerator and stock for the light vanilla cream.

Light vanilla cream
Smooth out the pastry cream then add the melted gelatine mass and the whipped cream. Stock for the filling of the St Honoré.

Vanilla chantilly
Infuse the beans and make the chantilly. Use immediately.

Caramel
In a saucepan, cook all ingredients together to 175°C, then stop the cooking in a bowl of cold water. Use immediately.

Assembly and finishing
Fill the small choux with the light vanilla cream then stick onto the discs of puff pastry and choux paste. Fill the centre of each Saint Honoré with the remaining cream and then by using a second piping bag fitted with a Saint Honoré nozzle and the vanilla mascarpone cream complete each piece

Associated products



BEANS
TAHITI VANILLA

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