

LAURENT DUCHÊNE - MOF

COLOMBIAN COFFEE RELIGIEUSE

Ingredients

CHOUX PASTRY
100 g water
100 g semi-skimmed milk
5 g salt
5 g caster sugar
100 g butter
120 g flour (type T65)
200 g fresh eggs

COFFEE CRÈME PÂTISSIÈRE
560 g semi-skimmed milk
78 g egg yolk
112 g caster sugar
13 g flour (type T65)
33.5 g powdered flan mix
20 g Pure Arabica Colombian coffee extract

COFFEE FONDANT ICING
600 g white fondant icing
16 g glucose DE 40
30 g cocoa butter
20 g 38% milk chocolate
8g Pure Arabica Colombian coffee extract

COFFEE BUTTERCREAM
40 g sugar
11 g water
11 g eggs
6 g egg yolk
60 g butter
3 g Pure Arabica Colombian coffee extract

CHOUX PASTRY CRUNCH
48 g butter
55 g brown sugar
55 g flour (type T65)
2.5 g Pure Arabica Colombian coffee extract

Preparation

CHOUX PASTRY
Bring the water, milk, salt, sugar and butter to the boil. Add the sifted flour all in one go and dry out over a high heat. Transfer into a bowl and add the eggs one by one. Using a circular piping nozzle, pipe 25 g of choux pastry for the body of the religieuse (4.5 cm diameter) and 8 g for the head of the religieuse (2.5 cm diameter). Bake in a deck oven at 160°C for 40 minutes.

COFFEE CRÈME PÂTISSIÈRE
Bring the milk to the boil. Beat the egg yolks and sugar until pale. Add the flour, flan powder and coffee extract. Cook by bringing it to the boil (30 sec/L of milk). Transfer into a container and chill quickly.

COFFEE FONDANT ICING
Melt the fondant, glucose and coffee extract to 45°C in the microwave. Melt the chocolate and the cocoa butter at 45°C. Stir in chocolate fondant and temper to 50°C. Pour the 7 cm hemispheres for the body of the religieuse (30 g/body) and the 5 cm hemispheres for the head (15 g/head) into a "Flexipan". Leave in the blast freezer for 15 minutes, then unmould.

COFFEE BUTTERCREAM
Cook the water and sugar at 120°C. Whip the eggs and the yolks. Pour the syrup over the mixture. Whisk at full speed then cool to 30°C. At 30°C, add the butter (cut into pieces and brought to temperature). Heat slightly if necessary. When the cream is smooth and shiny, incorporate the coffee extract.

CHOUX PASTRY CRUNCH
Put the very cold butter along with the rest of the ingredients in the bowl of the stand mixer with the K-beater attachment. Mix and stop when the mixture is smooth and homogeneous. Roll out to 2 mm thick and then blast freeze. Cut out with a 5 cm biscuit cutter for the body of the religieuse and a 3 cm one for the head.

ASSEMBLY AND DECORATION
Fill the heads and bodies of the religieuses with the coffee crème pâtissière. Glaze the heads and bodies of the religieuses in "Flexipans" and put in the blast freezer for 15 m Unmould, stick the head of the religieuse onto the body, then pipe on the buttercream with a small fluted piping nozzl.

Associated products



PURE ARABICA
COLOMBIAN COFFEE
EXTRACT

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