



RÉMY COINTREAU

GASTRONOMIE

COINTREAU

COINTREAU® SAINT HONORÉ

THE CHEF

Original creation by
Ludovic RICHARD,
Meilleur Ouvrier de France Boulanger

Recipe for 1 Saint Honoré of 6 persons



1. BRITTANY SABLE WITH ORANGE ZESTS

2 egg yolks (40 g)
340 g brown sugar
90 g butter
½ orange zest
125 g flour T55
6 g baking powder

Into stainless steel mixing cup, using a whisk, mix until white the yolks and the brown sugar. Add the softened butter, the orange zests and finally the sifted flour and baking powder. Store in a refrigerator (+ 4°C) for several hours. Using a rolling pin, roll out the paste to a thickness of 7 mm and line a 20 x 11 cm rectangle. Bake in a fan forced oven at 170°C for 25 to 30 minutes, then allow to cool on a grill.

2. CHOUX PASTE

55 g whole milk
55 g water
2 g salt
4 g caster sugar
45 g butter
60 g flour (type 55)
2 whole eggs (100 g)

In a saucepan, boil the milk, water, salt, sugar and butter. Off the heat, add the sifted flour, return to the heat and stir with a spatula. As soon as the paste comes away from the sides, transfer the paste into a cup. then add the eggs one at a time.

If the paste is too firm, add a little hot milk. The paste should make a ribbon, it must be neither too soft nor too firm.

Using a piping bag fitted with a number 9 nozzle, onto baking sheet or onto a Silpat® silicone sheet, pipe big choux of 2 cm in diameter. Bake in a convection oven at 160°C for about 35 minutes, by opening the oven door from time to time for the humidity to escape.

Good to know: In an oven too hot, the dough develops, but it cracks, which is a defect for the glaze. On the other hand, in an oven at the temperature indicated above, the choux paste develops slowly, remains smooth and supple.

This recipe of choux paste allows to prepare more than 10/12 choux necessary for the recipe but you can use the remaining, sprinkle with grains of sugar to prepare choux buns.

3. SALTED BUTTER CARAMEL

100 g castor sugar
25 g glucose
125 g liquid cream
50 g butter
2 g salt flower
1 gelatine leave (2 g) 200 blooms

In a slightly warmed saucepan, make a light caramel with the sugar and glucose (without water). Pour the hot liquid cream, then the butter and to finish the salt. Return to the heat for 2 minutes. Off the heat, add gelatine leave which have already softened in cold water and well strained. Set aside for the assembly.

4. COINTREAU® LIGHT CREAM

250 g whole milk
2 egg yolks (40 g)
40 g caster sugar
20 g corn flour
25 g butter
2 gelatine leaves (4 g) 200 blooms
200 g whipped cream
60 g Cointreau® 40%

Make a pastry cream: in a saucepan, boil the milk. Beat egg yolks, caster sugar and corn flour until lemon colored and pour in the saucepan. Bring to a boil for 2 minutes. Off the heat, add the butter and mix together before to leave to cool in fridge. Whisk the cold pastry cream to loosen it, add the gelatine leaves which have already softened in cold water and melted in a bain marie or in the micro-wave. Delicately add the whipped cream and the Cointreau®. Set aside for the assembly.

5. FINISHING

Spread a thin coat of caramel over the Brittany Sable. Pipe onto the caramel, using a Saint Honoré nozzle (or, failing that, with a pastry bag cut on the bias) the Cointreau® light cream.

To finish, place on the dressed biscuit, 10 Cointreau® light cream filled choux puffs and salted caramel icecream.



www.remycointreaugastronomie.com