RÉMY COINTREAU

GASTRONOMIE

MOUNT GAY Barbados Rum EST. 1703

MOUNT GAY® RELIGIEUSE





TH CHEF

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Recipe for approximately 12 religieuses

1. CHOUX PASTE

125 g whole milk
125 g water
5 g salt
10 g caster sugar
110 g butter
140 g flour (type 55)
245 g whole eggs

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 the mixing bowl, fitted with the K beater. Do not over-mix the choux paste. Add the eggs that have been broken with a whisk (so they are much better incorporated into the mass) : one-third of eggs is incorporated all at once, then the remaining, a little 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 12 big choux of 5 cm in diameter and place on top of each choux a disc of crusty paste of 6 cm in diameter. Then, pipe 12 small choux of 2 cm in diameter and place on top of each choux a disc of crusty paste of 3 cm in diameter. Bake in a hearth oven at 180/170°C in a ventilated oven, for about 35 minutes, vent open. Be aware that 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. Allow the paste to develop with the vent closed then open the vent to allow the moisture to escape and therefore preventing the choux paste to crack.

2. CRUSTY PASTE (CRAQUELIN)

50 g butter
75 g brown sugar
75 g flour

Mix all ingredients together and roll it between 2 sheets of plastic or baking paper, to 2 mm in thickness. Freeze and cut into big discs of 6 cm in diameter and small discs of 3 cm in diameter. The crusty paste will be laid very cold on top of the choux before cooking.

3. CHOCOLATE MIRROR GLAZE

75 g water
150 g glucose
150 g caster sugar
150 g sweetened condensed milk
5 gelatin leaves (10 g quality gold 200 blooms)
150 g white chocolate
2 g light green food colouring

In a saucepan, bring together the water, glucose and sugar to a boil. Add the gelatine, previously soaked in cold water and melted in microware or in a double boiler, then pour onto the sweetened condensed milk, the white chocolate and the food dye. Mix well and refrigerate obligatory overnight. The next

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day, heat the glaze to 26°C/28°C approximately and use for glazing the religieuse.

4. LIGHT PASTRY CREAM (BASE)

500 g whole milk
4 egg yolks (80 g)
80 g caster sugar
40 g corn starch
50 g butter
4 gelatin leaves (8 g quality gold 200 blooms)
200 g whipped cream

Make a pastry cream by heating the milk in a saucepan then pouring over the mixture of egg yolks, caster sugar and corn starch. Bring the mixture to a boil for 2 minutes. Remove the mixture from heat, add the butter and mix well before cooling in the fridge. Smooth out the cold cream then add the gelatine, previously soaked in cold water and melted in microware or in a double boiler, and finally incorporate the lightly whipped cream.

5. LIGHT MOUNT GAY® CREAM

1 kg light pastry cream base
75 g Mount Gay® Black Barrel rum 43% vol.

Delicately mix the Mount Gay® rum with the pastry cream. Set aside for fill the choux.

6. ASSEMBLY AND FINISHING

Garnish the baked big and small choux with the light Mount Gay® rum cream. Then place them for 10 minutes into the freezer. Glaze each of religieuse with the light green glaze.
Place a disc of coloured plastic chocolate onto each religieuse, then place a point of gold leaf or decorate at your convenience.

