



RÉMY COINTREAU

GASTRONOMIE



PARIS-BREST COINTREAU®

Recipe for 2 Paris-Brest of 6 persons or 8 individual pieces



1. CHOUX PASTE

250 g water
250 g milk
220 g butter
15 g salt
10 g castor sugar
280 g flour
500 g whole eggs

In a saucepan, bring to the boil the water, milk, butter, salt and sugar. Off the heat, add all at once the sifted flour. On the heat, cook out the paste until it no longer sticks to the pan. Using an electric mixer, gradually add the eggs. Fill a piping bag and pipe in the shape of a ring of 16 cm in diameter or 8 cm for individual pieces. Pipe out as well some mini-éclairs (carolines). Sprinkle over the egg washed ring, almond batons. Bake at 190/200°C for approximately 30 minutes in a dry oven or 160°C in a fan forced oven.

2. COINTREAU® LIGHT CREAM

Make a pastry cream with:

300 g milk
½ vanilla bean
65 g yolks
75 g castor sugar
28 g pastry cream powder

Then add 45 g of butter.

This recipe makes 500 g quantity.

Method for making the light cream:

500 g pastry cream
30 g Cointreau® 60%
5 g orange zests (1 piece)
14 g gelatine leaves
500 g Chantilly cream

Soak the gelatine in cold water for 15 minutes, then drain and melt. Smooth out the pastry cream with the orange zests and Cointreau®. Mix a small quantity of pastry cream with the warm melted gelatine then add the remaining pastry cream respecting at all times a balance with the mixtures. Gently fold through the firmly Chantilly cream with a spatula. Slice the ring in half horizontally. Pipe the prepared cream using a star nozzle.

Space a few mini-éclairs (carolines) in the centre and then pipe a second series of roses.