COINTREAU

HONEY PRISM

THE CHEF

Original creation by
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COMPOSITION
- Croissant dough
- Honey cream

1. CROISSANT DOUGH

2 000 g of flour T55
750 g of water (TB 55°C✲)
150 g of Cointreau® 60% vol.
40 g of salt flower
100 g of fresh yeast
200 g of sugar
80 g of honey
15 g of orange zests
140 g of Candia Professional butter to puff pastry (1)
1 000 g of Candia Professional butter to puff pastry (2)

Mix all the ingredients except the butter (2) for 10 minutes in first gear, then 4 minutes in second gear. The dough has to be 25°C after the mixture. Shape into a ball and draw a cross using a knife. Let stand for 15 minutes on the worktop before opening the angles of the cross to flatten the dough into a rectangle. Leave to cool for a few hours at 4°C in the refrigerator.
Spread the dough four times as long as broad, spread the butter (2) twice as long as broad then place it on the dough. Cover the butter with the dough and fold in half again. Cut the folds on the sides to see all the layers on each side. Turn the dough of 90° and spread four times as long as broad, then fold it into quarters. Cut again the folds on the sides. Leave to cool for an hour in the refrigerator at 4°C.
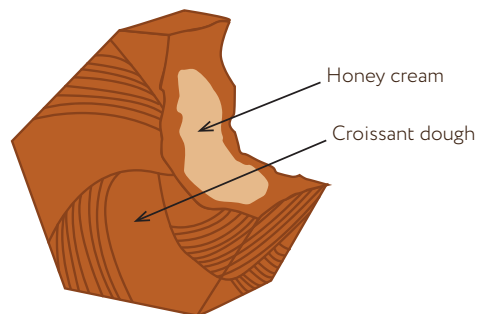
2. HONEY CREAM

80 g of corn starch
80 g of whole milk (1)
300 g of honey
400 g of Candia Professional cream (18% fat)
520 g of whole milk (2)

Mix corn starch with cold milk (1). Boil honey with cream and milk (2). Drizzle half the mixture over the starch preparation and pour it back into the saucepan to boil like a pastry cream. Let cool in the refrigerator after laying a plastic wrap directly on the cream. Whisk the cream to loosen it before use.

3. ASSEMBLY

Roll out the croissant dough to 3.3 mm thick, then fold in half and glue with some water. Cut 2 cm bands and braid weaving three pieces with three bands. Calculate the mould volume (460 g for my mould) and divide by four to obtain the corresponding weight of the dough (115 g for my mould).
Form a ring with the braid and raise it at 28°C with a humidity of 80% for 2 ½ hours in the mould. Bake to 160°C for approximately 30 minutes on a piece of baking paper and a solid sheet on top of the moulds. Coat with a syrup right out of the oven and leave to cool. Make a hole to garnish the middle with honey cream.

✲ TB 55°C = Temperature in the mixture area + Temperature of flour + Temperature of water
Sample calculation of the temperature of water:
TB 55°C = 22°C + 20°C + x -> x = 13°C

Honey cream

Croissant dough