



RÉMY COINTREAU

GASTRONOMIE

COINTREAU

PARIS-ANJOU

Recipe for 1 Paris-Anjou of 8 at 10 people or 10 individual pieces



1. CHOUX PASTE

100 g water
 100 g milk
 90 g butter
 2 pinches of salt
 5 g caster sugar
 115 g flour T55
 4 whole eggs (200 g)
 1 whole egg (egg wash)
 35 g almond batons
 Total weight: 645 g

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 with a spatula out the paste until it no longer sticks to the pan. Using an electric mixer or manually, gradually add the eggs.

Fill a piping bag with a tip number 10 and pipe on a greased baking sheet or covered with baking paper in the shape of a ring of 24 cm in diameter, then a second ring glued to the inside of the first, finally a last ring between the first two rings on top (or individual pieces of 8 cm in diameter).

Preheat the oven to 200°C. Sprinkle over the egg washed ring, almond batons. Pipe out as well some mini éclairs (carolines). Bake at 180°C for approximately 30 minutes.

2. COINTREAU® LIGHT CREAM

Basic custard:
 300 g whole milk
 ½ vanilla bean
 3 egg yolks (60 g)
 75 g caster sugar
 30 g corn flour
 45 g butter
 Total weight: 510 g

With the tip of a knife, split the vanilla bean lengthwise and scrape out the seeds. In a saucepan, boil milk, vanilla bean and seeds. Pass through a sieve. In a bowl, whisk egg yolks, sugar,

then add corn flour. Pour the vanilla milk on the mixture and return to saucepan. Boil whisking constantly. Off the heat, add butter with a whisk. Pour into a large dish for quick cooling and cover with a plastic wrap in contact with the cream. Place in the refrigerator.

Cointreau® light cream :
 450 g custard
 50 g Cointreau® 40% vol.
 Zest of 1 orange
 4 gelatine leaves (8 g) 200 Blooms
 450 g liquid cream (35% fat)
 50 g icing sugar
 Total weight: 1 008 g

Soak gelatin in cold water 15 minutes, then squeeze out the water and melt it. Add the Cointreau® and zest. Quickly incorporate some custard in the hot melted gelatin, then add the remaining custard. Whisk the liquid cream with icing sugar. With a spatula, add delicately the firm Chantilly in the Cointreau® custard.

3. FINITION :

Slice the choux paste ring at two-thirds of the height. Using a pastry bag fitted with a fluted tip, pipe the cream. Place in the centre some mini éclairs on the cream, then smoothly pipe a second run of rosettes on top. Put the cover on the dessert and sprinkle with icing sugar.



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