

Pistachio Paris-Brest

Ingrédients

- 65g water
- 85g whole fresh milk
- 2g salt
- 2g granulated sugar
- 60g butter
- 80g flour
- 125g whole eggs
- 100g heavy cream
- 50g sugar
- 2 eggs
- 1 egg yolk
- 30g cornstarch
- 2g gelatin
- 45g pistachio puree
- 55g [pistachio praline](https://www.iletaitungateau.com/articles/21)

Préparation

1. A Paris-Brest yes, but with pistachio to change things up a bit!
2. I must admit that I love the classic version with hazelnut praline, but this lighter version made with pistachio diplomat cream & pistachio praline completely convinced me A perfect recipe for all seasons and occasions, that will delight all pistachio lovers!
3. Equipment: I used my Kenwood Cooking Chef (with the hook) to make the choux pastry: code FLAVIE = 3 accessories of your choice offered with the purchase of a cooking + 20% discount on other accessories / commercial collaboration.
4. I used the perforated baking sheet & the disposable piping bags from Guy Demarle: referral code FLAVIE10 to enter at registration for 10 off your first order / commercial collaboration.
5. Small pastry tip 14mm Ingredients: I used pistachio puree & whole pistachios from Koro: code ILETAITUNGATEAU for 5% off everything on the site (non-affiliated).
6. Preparation time: 1 hour + 35 minutes of baking For 8 people / a crown of about 26-28cm in diameter: The choux pastry: If needed, I refer you to this detailed article about choux pastry with all the details for making and baking.
7. Bring the water, milk, salt, sugar, and butter to a boil.
8. Off the heat, add the sifted flour all at once.
9. Return to the heat and dry out the dough over low heat using a spatula for a few minutes until a thin film forms at the bottom of the saucepan.
10. Place the dough in the bowl of the mixer fitted with the paddle (or by hand with a spatula) and mix on low speed to release the steam from the dough and cool it down before gradually incorporating the lightly beaten eggs at medium speed.
11. Wait until the dough is homogeneous before each addition.
12. Stop mixing when the dough has a shiny appearance: the line made with a finger in the dough should close.
13. Then, place the choux pastry in a piping bag fitted with a small pastry tip of 14 or 16mm, and pipe a crown of about 22 to 24cm in diameter.
14. If needed, you can place your crown in the freezer at this point; you can bake it whenever you want

immediately after taking it out of the freezer.

15. With the remaining choux pastry, you can pipe choux of the desired size and freeze them; they will be ready to be baked for another recipe (choux, profiteroles, Saint-Honoré, éclairs...).

16. Bake in a preheated oven at 180°C for 30 to 35 minutes; the crown should be puffed and well-golden when it comes out of the oven.

17. Let it cool completely.

18. The pistachio diplomat cream: The pastry cream: whole milk heavy cream sugar 2 eggs 1 egg yolk cornstarch gelatin pistachio puree pistachio praline Soak the gelatin in cold water (6 times the weight of the gelatin if using powdered gelatin, otherwise in a large bowl of cold water if using sheets).

19. Heat the milk and cream.

20. Whisk the eggs, egg yolk with the sugar, then add the cornstarch and whisk again.

21. Pour the hot liquid over it while mixing, then return everything to the saucepan.

22. Thicken over medium heat while whisking constantly.

23. Off the heat, add the rehydrated gelatin (and squeezed if using sheets).

24. Then incorporate the pistachio praline and pistachio puree.

25. Cover the pistachio cream with plastic wrap and let it cool completely in the refrigerator.

26. The diplomat cream: heavy cream at 35% fat When the pastry cream is cold, whip the heavy cream into soft peaks.

27. Gently fold it into the pastry cream, then pour the resulting diplomat cream into a piping bag fitted with a small pastry tip and proceed to assemble.

28. The assembly: A bit of pistachio praline A few whole pistachios Cut the top off the choux pastry crown.

29. Pipe the diplomat cream.

30. If you wish, you can add a bit of pistachio praline and/or some crushed pistachios in the heart of the cream.

31. Close with the top of the choux pastry crown, then add a bit of praline and a few pistachios before indulging!