

Paris-Brest (hazelnut praline mousseline cream)

Ingrédients

- 40g softened butter
- 50g brown sugar
- 40g flour
- 10g unsweetened cocoa powder
- 65g water
- 85g whole milk
- 2g salt
- 2g granulated sugar
- 60g butter
- 80g flour
- 125g whole eggs
- 250g milk
- 55g granulated sugar
- 50g egg yolk
- 25g cornstarch
- 25g butter
- 150g hazelnut praline
- 125g softened butter

Préparation

1. A classic dessert, yet one of the best, especially in a 100% hazelnut version (my favorite!
2.).
3. Get your piping bags ready Ingredients: I used Valrhona cocoa powder from Valrhona: use the code ILETAITUNGATEAU for 20% off the entire site (affiliate).
4. Mix the softened butter with the dry ingredients.
5. Roll the dough thinly between two sheets of parchment paper, then place the craquelin in the freezer.
6. Preheat the oven to 180°C.
7. Bring the water, milk, salt, sugar, and butter to a boil.
8. Off the heat, add the sifted flour all at once.
9. Put it back on the heat and dry out the dough over low heat with a spatula for a few minutes until a thin film forms at the bottom of the pan.
10. Place the dough in a bowl (or the bowl of a stand mixer) and mix a little to cool it down before gradually adding the lightly beaten eggs at medium speed.
11. Wait until the dough is smooth before each addition.
12. Stop mixing when the dough has a satin finish: a line drawn with a finger should close back up.
13. Pipe a ring of choux pastry about 12 to 15 cm in diameter on a baking sheet lined with parchment paper.
14. If you have leftover choux pastry, you can make chouquettes or freeze it.
15. Baking: Cut a ring of craquelin the size of the choux pastry ring, then place it on top of the dough.
16. Bake at 180°C for about 30 minutes, then let cool.
17. Whisk the egg yolks with the sugar and cornstarch.
18. Meanwhile, bring the milk to a boil.
19. Pour half the milk over the eggs while whisking, then pour everything back into the pan.

20. Cook over medium heat, stirring constantly until the cream thickens, then add the butter and praline.
21. Cover the cream with plastic wrap and refrigerate until completely cool.
22. Once the cream has cooled, place it in the bowl of a stand mixer with a whisk (or use an electric whisk) and beat lightly to loosen it.
23. Then, at low speed, incorporate the softened butter.
24. Once the butter is fully incorporated, increase the speed and whisk for several minutes, the cream should lighten and become fluffy.
25. Place the cream in a piping bag fitted with your preferred tip (a small round tip for me) and proceed with the assembly immediately.
26. Cut the choux ring in half horizontally.
27. Spread some praline on the bottom.
28. Pipe the cream gradually, and add more praline in the center.
29. Finish piping the cream, then add the "lid" of the choux pastry, decorate with praline, hazelnuts, and powdered sugar, and enjoy!

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