

# Cocoa praliné paris-brest

## Ingrédients

- 150g hazelnuts
- 120g caster sugar
- 120g cocoa nibs
- 6g fleur de sel
- 40g softened soft butter
- 50g brown sugar
- 10g unsweetened cocoa powder
- 40g flour
- 65g water
- 85g whole milk
- 2g salt
- 2g caster sugar
- 60g butter
- 80g flour
- 125g whole eggs
- 80g whole eggs
- 150g milk
- 150g full cream
- 25g sugar
- 28g cornstarch
- 150g cocoa grits praliné
- 25g milk
- 20g egg yolks
- 20g sugar
- 30g water
- 90g sugar
- 45g egg whites
- 125g softened butter
- 75g italian meringue

## Préparation

1. A new one in the Paris-Brest, this one with cocoa nibs praliné !
2. I found this idea at Cédric Grolet a while ago now, and I loved it, so I took my inspiration for this super gourmet recipe.
3. Roast the hazelnuts and the cocoa nibs for 15 to 20 minutes in the preheated oven at 150°C.
4. Let them cool down.
5. Prepare a caramel with the sugar, then pour it over the hazelnuts and cocoa nibs and leave it to crystallize and cool completely.
6. Then, mix the hazelnuts, the cocoa nibs and the caramel until you obtain a praliné texture.
7. If necessary, you can add a little grape seed oil if the texture is too thick.
8. Finally, add the fleur de sel.
9. Mix the soft butter with the brown sugar, then add the flour and cocoa until a homogeneous dough is obtained.
10. Spread it between two sheets of parchment paper, then cut a circle 22cm in diameter, and in the centre of it a circle 12cm in diameter.
11. Lightly crush the hazelnuts, then place the hazelnut pieces on the craquelin.

12. Place in the freezer while you prepare the choux pastry.
13. Bring water, milk, sugar, salt and butter to a boil.
14. Remove from the heat, add the sifted flour all at once and stir well with a wooden spoon to obtain a smooth dough.
15. Put the dough back on the heat and dry it : stir constantly while the dough is on the heat until there is a thin film of dough at the bottom of the pan.
16. Remove the dough from the bowl of the mixer and mix it at low speed to allow the moisture to escape and cool the dough.
17. Then gradually add the beaten eggs until the dough is soft and smooth.
18. The dough should have a satin appearance.
19. Put the dough in a pastry bag with a plain tip 2cm in diameter, and pipe a circle 17cm in diameter on a baking sheet covered with parchment paper.
20. Place the craquelin on the choux pastry circle, and bake in the oven preheated to 180°C for 40 minutes.
21. With the surplus, form a second crown of the same diameter but thinner (with a tip of maximum 1cm in diameter).
22. Cook it for about 30 minutes.
23. When they come out of the oven, let the choux cool to room temperature.
24. Bring the milk and cream to the boil.
25. Whisk the eggs with the sugar and cornflour, then pour the hot milk over the mixture while whisking.
26. Pour back into the saucepan and thicken over low heat, stirring constantly.
27. When the cream is ready, remove it from the heat and then add the praliné.
28. Pour into a dish, then put a plastic wrap on it and place in the refrigerator (or freezer if you are in a hurry, but be careful not to let it freeze).
29. Mix the three ingredients and pour them into a small saucepan.
30. Cook over low heat, stirring constantly, until you reach 83°C (if you don't have a thermometer, you can check the cooking by dipping a spatula in the cream and then making a line on the spatula with your finger.
31. If the line remains clean, the cream is ready), then pour immediately into another bowl to stop cooking.
32. Leave the cream to cool.
33. Put the water and sugar in a saucepan to make a syrup.
34. When the syrup reaches 110°C, start whipping the egg whites.
35. When it reaches 118°C, pour it over the whisked egg whites at high speed.
36. Continue whisking until you have a cooled, firm and shiny meringue.
37. Put the butter in the mixer bowl with the whisk.
38. When the butter is well softened, gradually pour the cooled crème anglaise over it and continue whisking until the mixture swells and whitens.
39. Italian meringue to the butter cream, stirring gently.
40. Then lightly whip the crème pâtissière, then gradually add the previous mixture.
41. Place the cream in a piping bag fitted with a star tip 1.
42. 5cm in diameter.
43. If necessary, put the bag in a fridge for a few minutes to make it easier to pipe the cream.
44. Assembly : Icing Sugar Cocoa praliné (about ) Cocoa grits Cut the choux pastry crown in half, then place some praline cream on the base.

45. Garnish the small one with pure praliné, then place it in the centre of the large one, pressing it lightly into the cream.
46. Pipe the cream on top and cover with the choux pastry lid.
47. Decorate with a little cocoa grits and icing sugar, then enjoy !

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