

Chocolate religieuses (choux pastry)

Ingrédients

- 125g water
- 125g whole milk
- 100g butter
- 2g salt
- 200g flour
- 300g eggs (about 6 whole eggs)
- 750g whole milk
- 90g sugar
- 105g egg yolks (about 6 yolks)
- 55g cornstarch
- 65g butter
- 320g dark chocolate 66% cacao
- 400g fondant pâtissier (icing)

Préparation

1. Once again a great classic of French pastry, the chocolate religieuses (choux pastry).
2. Nothing could be simpler, choux pastry filled with a very chocolatey pastry cream (I used Valrhona's Caraïbes 66% dark chocolate) and iced with a cocoa « fondant » (icing).
3. Put the milk, water, salt and butter in a saucepan.
4. Bring to the boil, and wait until the butter is completely melted, then add the flour off the heat.
5. Mix well so as to have a homogeneous paste, then put the pan back on the heat.
6. Dry out the dough (stir it over medium heat for about 2-3 minutes, until you have a thin film at the bottom of the pan).
7. Then pour it into the bowl of the food processor and stir it until the steam has completely evaporated from the dough.
8. Gradually add the beaten eggs until the dough is homogeneous, smooth and shiny.
9. Pour the choux pastry into a piping bag fitted with a plain tip.
10. Pipe choux pastry 5 to 6cm in diameter for the religieuses's bases, and 2 to 3cm in diameter for the top on a baking sheet covered with parchment paper, or on a greased baking sheet directly.
11. Sprinkle with a little icing sugar, then place in the oven preheated to 170°C on static heat for about 40 minutes (depending on the oven, the choux should be golden brown at the end of cooking), then leave to cool on the rack.
12. Heat the milk.
13. Whisk the egg yolks with the sugar and cornstarch, then pour half of the hot milk over it while stirring.
14. Return to the saucepan and cook over medium heat, stirring constantly until thickened.
15. Off the heat, add the butter, mix well, then the chocolate.
16. When the cream is homogeneous, pour it into a container, put a plastic wrap on it and cool it in the refrigerator.
17. Once the pastry cream and choux have cooled, garnish them from below with a small plain tip.
18. Then prepare the icing: heat the fondant very gently (it should not exceed 37°C) by adding cocoa powder and if necessary a little cane sugar syrup to fluidify the texture.
19. Start by glazing the tops of the religieuses.

20. Then ice the bottoms, and immediately place the tops on them.

21. Place in the refrigerator for a few minutes, then enjoy !

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