

Pistachio and chocolate pastries

Ingrédients

- 500g farine (half T45 half T55)
- 10g salt
- 60g sugar
- 12g milk powder
- 20g fresh yeast
- 50g butter
- 260g water
- 250g dry butter
- 400g whole milk
- 60g egg yolks (3 to 4 yolks)
- 75g caster sugar
- 40g cornstarch
- 60g pistachio butter
- 120g dark chocolate chips
- 1 egg for egg wash

Préparation

1. It's been a long time since I've posted a recipe for pastries.
2. So here they are ;) These are pastries on the model of pains aux raisins, but in pistachio & chocolate version.
3. Of course, the basic recipe is the same, so you can replace the pistachio by vanilla and the chocolate chips by raisins to get the traditional version.
4. You can also replace the pistachio with praliné, hazelnut puree or other dried fruit, and replace the dark chocolate chips with milk or white chocolate chips, dried fruit, caramel chips.
5. There are many combinations to try and enjoy.
6. Place the water in the bowl of the robot with the kneading accessory.
7. Add the crumbled yeast, then the powdered milk and stir.
8. Cover with the two flours, then place the salt, sugar and butter separately.
9. Knead at low speed for about 5 to 10 minutes to obtain a homogeneous and non-sticky paste.
10. Remove the dough from the bowl and put it on the lightly floured worktop, roll out the dough, then fold it and form a ball.
11. Put a plastic wrap on the dough and set it aside at room temperature for 30 minutes.
12. Put the dough back on the lightly floured worktop again and then degas it (press the dough out of the gas accumulated during the first pointing process).
13. Like the first time, spread it out, then fold it and form a ball.
14. Flatten the dough slightly, put a plastic wrap on it and place it in the fridge for at least 30 minutes (if necessary, you can keep it in the fridge for a few hours).
15. Meanwhile, prepare the pastry cream.
16. Approximately 15 minutes before starting the tourage (adding the butter in the dough), take the dry butter out of the refrigerator and work it by tapping it with a rolling pin and then give it an elastic but not softened consistency.
17. put the butter in a small rectangle of baking paper (about 15*20cm maximum) and spread it to give it a rectangular shape.

18. Put it in the fridge for a few minutes with the dough so that they are at the same temperature.
19. Then spread the dough into a rectangle about the same width and twice as long as the butter rectangle.
20. Place the butter in the center of the dough, and close it by pressing it well so that there is no more air between the dough and the butter.
21. Spread the dough into a rectangle three times longer than it is wide, then fold the dough in three, like a wallet.
22. It's a simple turn.
23. Then, you can either continue with the double turn or let the dough rest in the refrigerator for about 30 minutes (of course, after putting a plastic wrap on it).
24. Turn the dough a quarter turn so that the fold is on the right.
25. Spread again, this time into a rectangle four times longer than it is wide, then fold a small portion of the dough upwards.
26. Then fold the dough down so that the two parts meet.
27. Then fold the dough in half, put a plastic wrap on it and place it in the refrigerator for 30 minutes.
28. Spread the dough on 3 to 4mm thick in a large rectangle of 40x50cm.
29. Cut the edges to have a perfect rectangle (if the dough is too elastic and shrinks, put it back in the fridge a few minutes before continuing).
30. Heat the milk.
31. Whisk the egg yolks with the sugar and cornstarch.
32. Then pour half of the hot milk over it, whisking, and put it back into the pan.
33. Cook over medium heat, stirring constantly until the cream thickens.
34. Remove from the heat, add the pistachio butter, then pour into a dish, put a plastic wrap on it, and cool completely.
35. Spread the pastry cream on the croissant dough, leaving about 3 to 4cm without cream on one small side to be able to weld the dough.
36. The layer of pastry cream should not be too thick.
37. Arrange the chocolate chips on top of the cream.
38. With a brush, spread a little water on the strip of dough without cream to be able to weld properly.
39. Roll the dough so that you have a roll of about 40cm long, pressing well at the end so that the loaves do not come off during baking.
40. Put the roll in the freezer for about 15 minutes to make it easier to cut.
41. Then, with a large knife, cut the roll in half, then each part again in half and so on until you have loaves of bread about 2.
42. 5cm wide.
43. Place the pastries on a baking sheet covered with baking paper.
44. With a brush, put some egg wash on them, then let them grow for about 1h30 (more or less depending on the temperature).
45. Put again some egg wash on them, then bake the pastries in the preheated oven at 200°C for about 15 minutes.
46. And voilà, your pistachio and chocolate pastries are ready !