

Crème brûlée puff pastry brioche

Ingrédients

- 255g flour T45
- 5g salt
- 20g sugar
- 10g fresh yeast
- 75g milk
- 75g egg
- 25g softened butter
- 150g dry butter
- 60g egg yolks
- 40g caster sugar
- 75g milk
- 250g liquid cream
- 1 vanilla bean

Préparation

1. A new recipe for a super yummy breakfast : puff pastry brioche with crème brûlée.
2. This recipe requires a little organization but nothing very technical, and the result is a really delicious pastry!
3. As for organization, I advise you to make, bake, and freeze the cream, and make the brioche dough the day before, so that all you have to do is add the butter, let the brioche rise and bake it on the D-day.
4. Remember that when you put the brioche to rise, the crème brûlée must already be frozen.
5. Finally, I stayed classic with a vanilla-flavoured crème brûlée, but you can flavour your crème brûlée as you wish (orange blossom, coffee, praline, cinnamon, chocolate, citrus zest).
6.)!
7. Put the milk with the crumbled fresh yeast in the bottom of the bowl.
8. Cover with the flour, then add the salt, sugar and eggs.
9. Knead for a few minutes until a homogeneous dough comes off the sides of the bowl.
10. Then add the softened butter and knead again to obtain a smooth and elastic dough.
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. Form a ball with the dough, put a plastic wrap on it and place it in the fridge for at least 30 minutes (I left it one night).
14. 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.
15. Put the butter in a small rectangle of baking paper (about 15*20cm maximum) and spread it to give it a rectangular shape.
16. Then spread the dough into a rectangle about the same width and twice as long as the butter rectangle.
17. 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.
18. Then roll out the brioche into a large rectangle (about 3 times longer than it is wide), and fold the dough in like a wallet (always remember to remove the excess flour with a brush).
19. It's a single turn.

20. Put a plastic wrap on it and put the dough in the fridge for 20 minutes.
21. Turn the dough a quarter turn so that the fold is on the right and repeat the operation twice : single turn, rest in the fridge, single turn.
22. After the third and last simple turn, put the dough in the fridge for at least 1 hour.
23. Then spread the brioche on about 0.
24. 5mm thick and detail your individual brioches (I made rectangles and calisson shapes, I preferred rectangles for both visual and tasting purposes, and it allows you to have no scraps of brioche dough or cream).
25. Place them on a baking sheet covered with baking paper and let them rise for 1 to 2 hours depending on the room temperature.
26. Heat the milk with the vanilla, and let the milk infuse for at least 30 minutes.
27. Then heat it again.
28. Whisk the egg yolks with the sugar.
29. Pour the hot vanilla milk over it, mix well, then add the cold liquid cream.
30. Pour the cream thus obtained into a frame (I used a 25cm side frame) on a baking tray covered with baking paper or a baking mat, then bake at 95°C for about 30 minutes (to be adjusted according to the size of the frame and therefore the thickness of your cream); the cream is set when it is shaky but not liquid.
31. Leave to cool completely, then pre-cut the shapes (you need to cut shapes a little smaller than the size of your brioches) and place in the freezer until completely set.
32. Cooking : Sugar cassonade When the buns have risen, place them in the oven preheated to 180°C.
33. Bake them for about 15 minutes and then take them out of the oven.
34. Add the frozen crème brûlée and bake again for 10 minutes.
35. Allow to cool completely before sprinkling with sugar.
36. Caramelize the brioches, then enjoy !