

Pistachio & raspberry pastries

Ingrédients

- 250g T55 flour
- 250g T45 flour
- 10g fine salt
- 60g caster sugar
- 20g fresh yeast
- 260g water
- 12g powdered milk
- 50g butter
- 250g tourage butter

Préparation

1. How about a new pastry recipe to start the week right?
2. Exactly like pains au chocolat, but in a pistachio & raspberry version for a little change. As always, I've detailed the recipe as much as possible so that you dare to get into the viennoiserie recipe.
3. I used Valrhona's raspberry inspiration that I tempered so I could detail sticks, but you can also fill your pains with raspberry inspiration pieces directly if you want to skip this step!
4. Prep time : 50 minutes + at least 3h rest + 15 minutes cooking. For 12 to 14 viennoiseries :
Ingredients : T55 flour T45 flour fine salt caster sugar fresh yeast water powdered milk butter tourage butter QS egg for the egg wash About 300- of raspberry inspiration Some pistachio puree
Recipe : Place the water in the bottom of the bowl of the food processor fitted with the kneading instrument.
5. Add the crumbled yeast, then the powdered milk and stir.
6. Cover with the two flours, then place the salt, sugar and butter in three separate piles.
7. Mix on low speed for about 5 to 10 minutes to get a smooth, non-sticky dough.
8. Turn out the dough on a lightly floured work surface, roll it out and then fold and ball it.
9. Wrap the dough in plastic wrap and set it aside at room temperature for 30 minutes.
10. Put the dough back on the lightly floured work surface, then degas it (press out the gas accumulated during the first proofing).
11. As you did the first time, roll out the dough, then fold and ball it.
12. Flatten the dough slightly, wrap it and place it in the refrigerator for at least 30 minutes (if necessary, you can keep it in the fridge for a few hours).
13. About 15 minutes before you start kneading, take the tourage butter out of the refrigerator and work it by tapping it with a rolling pin to give it an elastic but not oily consistency.
14. Place the butter in a small rectangle of parchment paper (about 15*20cm maximum) and spread it out to give it a rectangular shape.
15. Chill it for a few minutes in the fridge with the dough so that they are at the same temperature.
16. Next, roll out 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 press it down tightly so that there is no more air between the dough and the butter.
18. Weld the dough so that the butter is well enclosed.
19. Roll out the dough into a rectangle three times as long as it is wide, then fold the dough into thirds, like a wallet.

20. This is a single turn.
21. Then you can either go on to the double turn, or let the dough rest in the refrigerator for about 30 minutes (of course, after wrapping it).
22. Turn the dough a quarter turn, so that the fold is on the right.
23. Roll out again, this time into a rectangle four times as long as it is wide, then fold a small portion of the dough up.
24. Then fold the dough down so that the two parts meet.
25. Then fold the dough in half, wrap it and place it in the refrigerator for 30 minutes.
26. Roll out the dough to a thickness of 3 to 4mm into a large rectangle from which you can cut out 12 to 14 rectangles, each 8 to 10cm wide and about 25cm long.
27. Trim the edges to get a perfect rectangle (if the dough is too elastic and shrinks, put it back in the fridge for a few minutes before continuing).
28. Detail the rectangles in the dough: Spread a little pistachio puree on one end, then add a raspberry-inspired stick.
29. Fold in the dough, then add a second raspberry-inspired stick and pistachio puree again.
30. Finish rolling the pains, then place them on a baking sheet lined with parchment paper and brush them with egg, applying only a very thin layer (to prevent them from drying out during proofing) and avoiding getting any on the pastry.
31. Let the viennoiseries rise for about 1h30, they should have puffed up well (the rising time depends of course on the room temperature).
32. Apply a second coat of egg wash on the croissants, always avoiding putting any on the puff pastry.
33. Bake in the preheated oven at 180°C for 15 to 20 minutes.
34. Remove the pains to a rack and let them rest for about 30 minutes before decorating them: to do this, spread a thin layer of pistachio puree on the pains, then grate a little raspberry inspiration on top.
35. Then all you have to do is cut them out, admire the puff pastry and, above all, enjoy!