

# Vanilla & pecan

## Ingrédients

- 500g pecans
- 300g sugar
- 50g water
- 60g whole milk
- 60g full cream
- 25g egg yolk
- 10g caster sugar
- 45g milk chocolate
- 65g pecan praline
- 150g egg whites (about 5 whites)
- 150g sugar
- 100g egg yolks (about 6 yolks)
- 130g flour
- 40g sugar
- 50g water
- 7g vanilla flavouring
- 45g pecan praline
- 30g Jivara or 40% cocoa milk chocolate
- 40g crumbled crêpes dentelles
- 2g gelatin
- 45g whole milk
- 10g full cream (1)
- 1 vanilla bean
- 10g sugar (1)
- 15g egg yolks
- 5g sugar (2)
- 200g full cream
- 20g sugar
- 1 teaspoon of vanilla flavouring
- 30g whipped cream

## Préparation

1. And here is the recipe of the cake I made for my husband's 30th birthday and for which he chose the flavors, a vanilla pecan charlotte!
2. The cake is made with a ladyfinger cookie, a vanilla mousse, a crunchy pecan layer and a pecan praline crèmeux.
3. Finally, as a finishing touch, I made a vanilla sabayon that I caramelized like a crème brûlée. You can of course make the pecan praline several days/weeks in advance to save time, it keeps perfectly well in a closed container at room temperature.
4. Prep time : about 2 hours + 10 minutes cooking. For one charlotte 20 to 22cm diameter : Pecan praliné : pecans sugar water One pinch of fleur de sel. Roast the pecans in a preheated oven at 150°C for 15 minutes.
5. During this time, prepare the caramel with the sugar and water.
6. When it is golden, pour it over the pecans, add the fleur de sel and let it crystallize.
7. When the caramel has cooled and hardened, blend it into a smooth praliné.
8. Pecan crèmeux : whole milk full cream egg yolk caster sugar milk chocolate pecan praline. Heat the milk with the cream.

9. Whisk the egg yolks with the sugar.
10. Pour the hot liquids over it, mixing well, then pour it all back into the saucepan and cook to 85°C.
11. Pour the custard over the chocolate and praline and blend the cream with a hand blender.
12. Put a plastic wrap on the crèmeux and chill it completely in the refrigerator.
13. Ladyfinger cookie : egg whites (about 5 whites) sugar egg yolks (about 6 yolks) flour Powdered sugar  
Beat the egg whites until stiff, then fold in the sugar.
14. When you have a firm, shiny meringue, add the egg yolks and whisk for a few seconds to incorporate them.
15. Gently stir in the sifted flour.
16. Put the dough in a pastry bag fitted with a 1 cm diameter plain tip.
17. Pipe 2 circles of 20 to 22cm in diameter, and two 6cm high strips, so that you can go around your circle.
18. Sprinkle the cookies with powdered sugar.
19. Bake for about 10 minutes at 180°C, the cookies should be cooked but still quite soft.
20. Carefully remove them from the parchment paper.
21. Place your circle on your serving dish or golden cardboard, then place the cookie strip all around, making sure to squeeze the cookies tightly at the seam so they don't leak.
22. Place one of the cookie circles on the bottom, cutting it if necessary to fit.
23. Vanilla soaking syrup : sugar water vanilla flavouring Mix all ingredients in a small saucepan and bring to a boil.
24. Lightly soak the ladyfinger cookie that forms the base of the charlotte and reserve the rest for the assembly.
25. Jivara or 40% cocoa milk chocolate crumbled crêpes dentelles Melt the chocolate, then add the praline and spread the crumble over the base of the cake.
26. Vanilla mousse : gelatin whole milk full cream (1) 1 vanilla bean sugar (1) egg yolks sugar (2) full cream Rehydrate gelatin in a bowl of cold water.
27. Heat the milk with the mascarpone, vanilla beans and sugar (1).
28. Whisk the egg yolks with the sugar (2).
29. Pour the hot liquid over it, then pour it back into the pan and cook, stirring constantly, until it reaches 83°C.
30. Add the rehydrated gelatin and wring it out well.
31. Let cool to 30°C, then whip the cream (not too firm, otherwise it will be more difficult to incorporate).
32. Gently fold it into the vanilla custard, then immediately proceed to assembly.
33. Assembly : Some praliné pécan Spread half of the pecan crèmeux on the crystallized crunchy layer.
34. Add half the mousse.
35. Cover with the second ladyfinger cake, soak it with vanilla syrup and add the remaining pecan crèmeux.
36. Finish by adding the remaining vanilla mousse and a little pecan praline.
37. Place in refrigerator or freezer until fully set.
38. Sabayon : 1 egg yolk sugar 1 teaspoon of vanilla flavouring whipped cream Cassonade sugar for caramelization Whip the egg yolk with the sugar and vanilla.
39. Put the mixture on a water bath and whisk until it reaches a temperature of about 70°C.
40. The mixture should whiten and swell.
41. Let cool, then whip the cream and add it to the previous mixture.

42. Spread a very thin layer of sabayon on the unmoulded charlotte, chill for a few minutes, then sprinkle with brown sugar and caramelize with a blowtorch before enjoying!

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