

Choux pastry with poppy seeds, tiramisù cream with crushed pistachios - Virtual Workshop Version

Recipe for 2

Description

A deconstructed Paris-Brest.

Today, we're proposing an Italian take on the classic French dessert.

Note

The leftover pâte à choux can be frozen in an airtight container without any problems.

You can also make the mixture the day before, keep it in the fridge, and use it the next day !

Enjoy !

Ingredients

Choux Pastry

- 116 Ml Water
- 1 Pinch(es) Salt
- 50 Gr Butter
- 70 Gr Flour
- 2 Unit(s) Egg
- 3 Tbsp Poppy seeds

Praliné cream, caramelized hazelnuts

- 150 Ml 35% whipping cream
- 75 Gr Mascarpone cheese
- 1 Unit(s) Egg yolk
- 30 Gr Sugar
- 0.25 Cup(s) Pistachios
- 2 Tbsp Icing sugar

Preparation

- Preparation time **0 mins**
- Preheat your **Oven** at **400 F°**

To prepare before class

Make sure all your ingredients are weighed and ready.

You will need:

1 baking sheet and parchment paper, 1 piping bag or 1 ziploc bag

1 rubber spatula

2 bowls

1 pan

Choux pastry preparation

Turn your oven on to 400F

In a pot, bring the water to a boil, with the butter and salt. Remove from heat, incorporate the flour with a wooden spoon. Then, bring your pot back on medium heat and cook until the dough dries up and can be easily detached from the sides of the pot and the spoon.

Remove the dough from the pot and place it in a bowl or mixer, mix for a minute or two to let some of the water evaporate.

Add in the eggs one by one, mixing and incorporating between each one. Then add in a piping bag.

With the piping bag, pipe some lines of about 2mm of diameter and as long as the baking sheet, fill the baking sheet as much as you can.

Bring the heat down to 375F and put them in the oven between 10 and 12 minutes. Until golden brown.

Tiramisù Cream, caramelized pistachios

Tiramisù cream

In a bowl, mix the egg yolk with the sugar and whisk until your mixture thickens and whitens slightly. Add the mascarpone and the cream, and whisk until nicely thickened and firm.

Caramelized pistachios

In a pan, on medium heat, heat up the pistachios with the sugar until it dissolves and caramelizes (colors) the pistachios.

Remove them from the heat, let them cool, then gently crush them.

Dressing

In a verrine, mug or glass, pour the tiramisù cream on the bottom, then sprinkle some of the pistachios, add the pâté à choux sticks in the cream, decorating the verrine as you like.

Bon appétit!