

Light cream with orange zest and puff pastry with sweet spices - Virtual Workshop Version

Recipe for 2 portions

Description

Note

Be sure to thaw the puff pastry the night before.

Ingredients

Orange custard

- 1 Unit(s) Orange
- 200 Ml Orange juice
- 2 Tbsp Sugar
- 3 Drop(s) Vanilla extract
- 1 Unit(s) Egg
- 2 Tbsp Cornstarch
- 65 Ml 35% whipping cream

Puff pastry

- 0.25 Leaf(ves) Puff pastry
- 3 Tbsp Icing sugar
- 1 Tsp Cinnamon powder

Preparation

- Preparation time **30.00 mins**
- Preheat your at **400.00 F°**
- Resting time **60.00 mins**

Things to do before the workshop

Ingredients

Prepare and make sure you have the right amounts of ingredients.

Wash the orange.

Equipment list

2 baking sheets + parchment paper

1 whisk

1 cul-de-poule (whipped cream)

1 small saucepan

2 verrines or small bowls

1 spatula

1 sieve

1 zester

1 cutting board + 1 chef's knife + 1 paring knife

Kitchen towel, tablespoons

Preparation to do with the chef

Zest the orange and remove the supremes.

Whip the cream until the texture of soft peaks.

Puff pastry

Cut the puff pastry sheet into 4 rectangles.

Place them on a baking sheet between 2 sheets of parchment paper and place another baking sheet on top.

Bake for 15 to 20 minutes.

Then sprinkle with a mixture of sugar and cinnamon and put back in the oven into broil mode to caramelize it.

Orange custard

In a small saucepan, bring the orange juice to a boil.

Beat in egg, orange zest, vanilla and sugar until it whitens.

Pour the orange juice over the egg and sugar mixture, mix well and return to cook in the saucepan for 3 minutes after resuming boiling, whisking constantly.

Pour onto a plate lined with cling film, cover with cling film and let cool.

Whip the cooled pastry cream to smooth it. Gently add 1/3 of the whipped cream to the pastry cream, then stir in the rest.

Plating

Spread a sufficient thickness of light cream (with a pastry bag) on a strip of puff pastry, then place a strip of puff pastry on the cream.

Place the puff pastry on a plate and serve the orange supremes around.

Bon appétit!