

Mini Tropézienne, vanilla cream

Recipe for 12 tapas

Description

A pastry that will turn heads, a specialty, as the name suggests, from the south east of France.

Note

The brioche can be made the day before, the rising time will simply be longer before cooking.

Ingredients

Brioche

- 5 Gr Dry yeast
- 3 Unit(s) Egg
- 125 Gr Butter
- 30 Gr Sugar
- 50 Ml Water
- 250 Gr Flour
- 1 Unit(s) Lemon
- 50 Gr Butter

- Salt and pepper

Cream

- 500 Ml Milk
- 100 Gr Sugar
- 3 Piece(s) Egg
- 50 Gr Flour
- 1 Unit(s) Vanilla bean
- 200 Ml 35% whipping cream
- 4 Drop(s) Orange blossom water
- 75 Gr Confectioner sugar

- Salt and pepper

Finishing touches

- 35 Gr Icing sugar

- Salt and pepper

Preparation

- Preparation time **180 mins**
- Preheat your **Oven** at **400 F°**
- Resting time **60 mins**

Brioche

Remove the butter from the fridge, cut it into little cubes and let it sit at room temperature for 30 min.

Zest the lemon.

In a little bowl, mix one egg with one tablespoon of water and one tablespoon of milk.

Dilute the yeast in warm water (45°C / 113°F).

In a stand mixer bowl, add the flour, salt and sugar.

Add the eggs and the yeast to the flour then mix with the hook attachment at low speed for 8 to 10 minutes. Add the butter bit by bit and keep mixing until the butter is stirred in.

Add the lemon zests.

Cover the dough with a kitchen linen and let rise for 1 hour. Fold the dough with your hands until it falls back down to its original size and keep aside in the fridge for 15 minutes.

Roll out the dough (until about 1.5cm thick) and cut a disc of about 20 cm wide. Place on a baking tray and let rise.

Before baking, brush with the egg wash and sprinkle with the confectionner's sugar.

Bake in the oven for 20 min at 200°C.

Remove from oven and let it cool down.

Cream

Slice the vanilla bean in halves. Bring the milk to a boil with the vanilla beans.

Vigorously whisk the eggs and sugar until lightened. Add the flour and pour the hot milk over everything, while mixing well. Put the mix back in the pot, bring to a boil, then cook for 3 minutes.

Once the cream is thick and cooked, pour it out onto a tray, cover with saran wrap and put aside in the fridge.

In a stand mixer bowl with the whisk, pour the cold cream and whip until you've reached a whipped cream consistency. Pour this into a bowl and put aside in the fridge.

Using the same mixer bowl, pour the pastry cream and whip vigorously adding a third of the whipped cream. Then slowly add the rest of the whipped cream and the orange blossom water.

Plating

Once the brioche cooled down slice in half like a burger bun.

Using a pastry bag, fill the brioche with cream and close with the other half, sprinkle with icing sugar.

Bon appétit!