

## Paris-brest

The Paris-brest is a traditional pastry original of France. In th shape of a bicycle wheel to homage to the cycle race Paris-Brest.

This dessert is compose of a choux pastry filled with a cream mousseline praline, strew of flaked almond. This cold dessert been created in 1909 by Louis Durand.

Each step is important and need to be realised with precision to get the perfect substance. Different name are given to the Paris-brest according to the ingredient ( for exemple : pecan nut : Paris-new york ).

In 2012, a survey of TNS-Sofres class the Paris-brest in 15e postion of the favourite dessert of French.

We need :

To the side dish :

- Butter
- Icing sugar
- Pastry cream
- Flaked almond
- Flaked chocolat

To the choux pastry :

- Milk
- Flour
- Egg yolk
- Butter

Step 1 : Boil the milk and the butter. Add all the flour. Mix the dough using a wooden spatula to dry it out on the heat then dispose of it in a salad bowl. Add the eggs one by one. Mix the dough well (it's the air trapped in it that makes it puff up during cooking!).

Step 2: Using a pocket, draw a crown of dough 25cm in diameter on a greased baking sheet. Glaze with an egg yolk then sprinkle with the almonds. Bake for 40 minutes, avoiding opening the oven for the first half hour. The dough should come out cooked and dry. Let cool. Cut in half lengthwise.

Step 3: Cream the butter, add the praline and the pastry cream. Put this cream in a piping bag fitted with a fluted tip and fill the bottom of the crown. Put the lid on, sprinkle with icing sugar, chill for 2 hours before serving.



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