



PARIS-BREST

A CLASSIC OF THE FRENCH PASTRY TRADITION ENRICHED WITH A DELICIOUS PISTACHIO FILLING

DIFFICULTY LEVEL



CRAQUELIN

INGREDIENTS

| | |
|-------------------------|--------|
| TOP FROLLA | g 1000 |
| UNSALTED BUTTER 82% FAT | g 350 |
| SUGAR | g 120 |
| EGGS | g 150 |

PREPARATION

Mix all the ingredients in a planetary mixer with the paddle attachment for about 2 minutes.

Refrigerate for at least 1 hour.

Roll the dough in a 1mm layer and cut into 8cm diameter rings.

Store them in the fridge until you need to use them.

CHOUX PASTRY

INGREDIENTS

| | |
|-----------------|-------------|
| DELI CHOUX | g 1000 |
| WATER - AT 55°C | g 1300-1400 |

PREPARATION

Mix all the ingredients in a planetary mixer with the paddle attachment at medium speed for 10-15 minutes.

Let the the dough rest for about 5 minutes, then trasfer it into a pastry bag fitted with a round plain tip and pipe some rings with about 8 cm diameter onto baking trays lined with parchment paper.

Place a ring of craquelin onto each ring of choux pastry and bake at 180-190°C for 25-30 minutes.

PISTACHIO MOUSSE

INGREDIENTS

CHOCOCREAM PISTACCHIO - MELTED AT 45°C
LIQUID CREAM 35% FAT - TO BE COMBINED TO CHOCOCREAM
LIQUID CREAM 35% FAT
LILLY NEUTRO
WATER

PREPARATION

g 300 Emulsify cream and CHOCOCREAM until you obtain a glossy ganache.
g 150 In a separate bowl, slightly whip and stabilize the second dose of cream with LILLY and water.
g 300 Combine the slightly whipped cream to the ganache in 2-3 times, until you get a firm mousse.
g 50
g 50

FINAL COMPOSITION

Cut the choux rings in half, fill one half with the pistachio mousse and close with the other half.

Decorate as you like most.



RECIPE CREATED FOR YOU BY FEDERICO VEDANI

CHOCOLATIER AND PASTRY CHEF