

## **Paris Brest avec Chantilly et sauce au chocolate**

*Makes 4 Paris Brest plus extra gougère or profiteroles or 20 gougère in total*

### **Ingredients:**

#### **Choux Paste**

- 40 g butter
- 125 ml cold water
- 75 g plain flour, (for GF we use rice flour and a pinch of baking powder)
- 2 medium eggs, beaten
- Fruit, crème pâtissière or fresh whipped cream to fill, chocolate to drizzle over (recipes below)
- 50 g finely grated strong cheese for gougères (recipe below)

#### **Crème pâtissière (optional)**

- 250 ml full cream milk
- 2 egg yolks
- 50 g sugar
- 25 g plain flour or corn flour
- 1 teaspoon of strong instant coffee

### **Method:**

Pre-heat the oven to 220C

#### **Paris-Brest**

Put the butter and water into a pan and leave over a low heat until the butter has melted. Turn up the heat until the mixture boils.

Take off the heat, add the flour and combine then return to the heat and beat vigorously until the mixture is smooth and comes away from the sides of the pan (usually about 2 minutes).

Return it to a medium heat and cook out the flour for about 3 minutes, fold the mixture over itself. It will first look like mashed potato and then become smooth and work itself into a ball.

Put into a bowl and leave to cool for several minutes until it is hand hot.

Whisk in the eggs in three stages until you have a smooth, glossy choux paste.



*The Paris Brest was created in 1910 to commemorate the Paris–Brest–Paris bicycle race (which still exists today but is only open to amateurs) and was to be served at the finish line. The shape represents the circuit and a bicycle wheel! It is traditionally filled with pastry cream and decorated with chocolate or praline.*

*A gougère is a baked savoury pastry made of choux dough mixed with cheese and served with Apéro!*



\*Add a little water to the remainder of the beaten egg and use to brush over each ring.

Keep working the paste with a spatula until it is thick enough that the spatula stands up in the mix.

Pipe into an 80 mm circle for Paris Brest onto a tray lined with baking paper. Or pipe or drop tablespoon size balls for gougères or profiteroles, or 8 cm sausages for éclairs.

Bake for 15 minutes at 220C, then turn down to 180C and bake for a further 10 minutes. Check that the choux is dried out on the inside by breaking open one to test. Cook for a further few minutes if necessary - remove from the oven and small holes in the base with a skewer or cut in half with a serrated knife to release the steam.

### **To serve**

Fill with whipped cream or crème pâtissière and seasonal fruit of your choice, sprinkle with icing sugar or drizzle with chocolate or sprinkle with flaked almonds.....our favourite variations are coffee flavoured whipped cream, (the coffee cuts the sweetness) with strawberries, drizzled with chocolate and served with chocolate sorbet or orange flour water crème pâtissière served with peaches or nectarines.

### **Chocolate Drizzle**

Melt 50 g of butter in a small saucepan and add 50 g of dark chocolate (broken into small pieces) until it melts and combines. Drizzle warm over the pastries.

### **Crème pâtissière**

In a pan, bring the milk to just under boiling and remove from heat. Beat egg yolks, sugar, flour and flavouring in a bowl until it is thick and well combined. Gradually beat in the warm milk and return the whole mixture to the pan.

Stir over a medium heat until the mixture thickens – it will happen quickly and you must beat it vigorously until it boils, reduce the heat and cook for 2 minutes to cook off the flour, the mixture will be very thick. It is cooked when the mixture changes colour and becomes more yellow and the mixture detaches from the bottom of the pan.

Spread onto cling film to cool and rub over with a pat of butter to stop a skin forming (or sprinkle with icing sugar or simply cover with cling film).

Refrigerate until completely cold before placing into a piping bag, ideally with a star nozzle. If the mix is too stiff to pipe you can mix it with a little cream or milk or beat in soft butter a little at a time. The mix needs to be firm enough to pipe into stars and for the top of the Paris-Brest to sit on it without it collapsing!

### **Gougère is a baked savoury choux pastry mixed with cheese and served with Aperol!**

Beat in ¾ of the cheese into the prepared mix. Pipe or drop heaped teaspoon size balls of the choux onto a baking tray lined with paper. Sprinkle over the rest of the grated cheese. Bake as above for the Paris-Brest.

Serve warm with an aperitif or cool and pipe with a blend of soft goat's cheese mixed with soft herbs such as chopped chives or thyme. You can add pepper or chilli to the mix, pipe in a light salmon mousse or a blend of foie gras or any light mousse or pate.