

Valentine Paris-Brest



Yield: one Paris-Brest (serves 6)

Ingredients

For the pastry:

- 1 cup water
- ½ cup butter, cut into cubes
- 1 tablespoon sugar
- ½ teaspoon salt
- 1 ⅓ cup all-purpose flour
- 4 eggs

For the finish:

- 1 egg whisked smooth for egg wash
- ½ cup sliced natural almonds

For the vanilla cream:

- 2 cups Heavy Whipping Cream
- 4 oz. (½ cup) of instant vanilla pudding
- ⅓ cup Powder sugar

Utensils:

- Medium sized saucepan
- Wooden spoon
- Spatula
- Piping bag
- Plain round tip
- Star tip
- Baking sheet lined with parchment with heart stencil taped underneath
- Stand mixer-paddle and whisk attachment

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Directions

1. *Bring water, butter, sugar and salt to a boil.*
2. *Remove from heat and pour all the flour in one go.*
3. *Stir with wooden spoon, making sure lumps do not form.*
4. *Once dough starts forming place back on low heat, stirring until pastry comes away from the sides of the saucepan and forms a ball.*
5. *Place in mixer with paddle attachment and turn on low speed until steam disappears and the bottom of the bowl is no longer hot.*
6. *Add eggs one at a time until each is fully incorporated.*
7. *Place in piping bag fitted with round plain tip and pipe into heart shape.*
8. *Pipe out the heart and then pipe another heart around the first heart (touching side by side)*
9. *Once two hearts are piped next to each other, pipe the third on top overlapping the first two.*
10. *Brush the heart with egg wash and sprinkle with almonds on entire surface.*
11. *Preheat oven to 350F and bake for about 30 minutes. The pastry should rise and have a nice golden colour.*
12. *When cooked, remove from oven and allow to cool.*

In the meantime:

Making the vanilla cream:

For best results, put mixing bowl and whisk attachment(stainless steel is best) in freezer 5-10 minutes prior .

1. *Add the whipping cream to the cold bowl*
2. *Using the mixer, whip for a few minutes until peaks form.*
3. *Alternate adding the pudding mix and the powdered sugar and continue mixing.*
4. *Be careful as it will set up fast. If it gets too thick add a little bit of milk (1 Tspn at a time)*

Assembly of the heart

1. *With a serrated knife, cut the heart in half (so you get 2 hearts). Separate the halves.*
2. *Fill a piping bag with an open star tip with the vanilla cream.*
3. *Pipe the cream over the heart base- rosettes or shells work well (any shapes)*
4. *Place the top heart over piped cream and sift powdered sugar.*

Paris-Brest is best served the day it is made or next day, and should be refrigerated until ready to serve.

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