

# PARISIAN CUISINE

## Paris Brest, a Divine French Dessert

This recipe has been created in 1910 by Louis Durand, as a tribute to the famous Tour de France, from Paris to Brest. Have you noticed how this dessert is shaped as a bicycle wheel?

Check out the video and recipe [here](#)



### INGREDIENTS (Serves 6)

<p>The pate à choux :</p> <ul style="list-style-type: none"><li>• 3/4 cup water</li><li>• 1/3 cup butter</li><li>• 1 tsp salt</li><li>• 1 cup flour</li><li>• 3 eggs</li><li>• sliced almonds</li><li>• icing sugar</li></ul>	<p>The praliné paste :</p> <ul style="list-style-type: none"><li>• 1/3 cup sugar</li><li>• 4 ounces unpeeled almonds</li></ul>	<p>The mousseline cream :</p> <ul style="list-style-type: none"><li>• 2 cups milk</li><li>• 4 egg yolks</li><li>• 2/3 cup sugar</li><li>• 1.5 ounces corn flour</li><li>• 1 cup softened butter</li></ul>
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## MATERIALS

1. Piping bag

## The pate à choux :

1. In a pot, melt the butter in the water and add the salt.
2. When the butter has melted, add the flour at once, and quickly mix until the dough forms a ball.
3. Use a piping bag to form the ring : a 8 inches diameter circle for a big Paris Brest, or 4 inches diameter circles for individual ones. For the big one, form to circles of dough, then one on top of it, as ake out of the heat, and add the eggs, one by one, mixing well each time.
4. Sprinkle with sliced almonds, then bake for 30 minutes at 390°F (200°C). Be careful, once baked, leave the oven door slightly open for a few minutes before taking the tray out.

## The praliné paste :

1. In a pan, put the sugar and a little bit of water. When it starts to make bubbles, add the almonds and stir until the caramel forms around them.
2. Put the caramelized almonds on a wax paper sheet and let them cool down. Then, break into pieces, and put them in a grinder. Gring until it forms a paste (yes, it is going to form a paste, after it becomes

## The mousseline cream :

1. Take the butter out of the fridge to soften it. Put the milk to boil. Meanwhile, beat the yolks with the sugar until it gets creamy and kind of white. Add the corn flour and mix
2. Once the milk has boiled, gradually add it to the batter. Put it all back into the pot, then on medium heat. Using a whisk, stir constantly until the cream thickens well.
3. Pour into a bowl, and add 1/3 cup of the butter. Cover with plastic foil (directly on the cream) so it doesn't make a skin. Put in the fridge until the cream gets cold.
4. Then, using an electric whisk, add 2 tablespoons of praliné, and mix well.
5. Gradually add the softened butter while whisking. Once you put all the butter, whisk for 2 minutes more. The whisk should leave marks in the cream. Put in the fridge.

## Assembly :

1. Cut the choux in half. Using a piping bag, apply the mousseline cream all around it.
2. Put the top back, and sprinkle with icing sugar. There you are, your Paris Brest is ready !
3. Bon appétit!