



Jasmine tea choux buns with honey pears

By Kirsten Tibballs

1 hour 30 minutes, plus refrigeration time

Preparation time

1 hour 20 minutes

Cooking time

50 buns

Serves

INGREDIENTS

Croustillant

100 g raw sugar
100 g caster sugar
200 g plain flour
170 g unsalted butter, at room temperature

Choux puffs

250 ml full cream milk
250 ml water
1 tbsp caster sugar
1 tsp salt flakes
200 g unsalted butter
300 g plain flour, sifted
450 g eggs (approximately 9 eggs), lightly whisked

Honey pears

200 g firm pears, peeled, finely diced
50 g unsalted butter
60 g honey
1 vanilla bean, seeds scraped

Caramelised pecans

135 g pecan nuts, roughly chopped
110 g caster sugar
80 ml water

Jasmine tea crème

15 g loose leaf jasmine tea
300 ml full cream milk
¼ tsp salt flakes
½ tsp vanilla bean paste
2 tbsp custard powder or cornflour
100 g egg yolks (approximately 5)
210 g unsalted butter, diced

Miele Accessories

Baking tray

METHOD

Croustillant

1. Place all ingredients into the bowl of a freestanding mixer with a paddle attachment. Mix on low speed until completely combined and there are no lumps of butter.
2. Using a rolling pin, roll the dough between two sheets of baking paper until it is approximately 3 mm in thickness. Freeze on a baking tray for 1 hour.
3. Remove the croustillant from the freezer and cut into 5 cm round discs. Place directly into a Silikomart No'8 half sphere mould. Smooth to mould to the sphere shape. Place back into the freezer until required.

Choux puffs

1. Place the milk, water, sugar, salt and butter in a saucepan and bring to the boil on medium-high heat, induction setting 7.
2. Remove from the heat and stir in the flour until combined.
3. Return to low heat, induction setting 3, and cook for approximately 2 minutes, stirring continuously until the choux pastry has an oily sheen on the surface.
4. Transfer the mixture into the bowl of a freestanding mixer with a paddle attachment. Beat on medium speed, gradually incorporating the eggs. Stop the mixer regularly to scrape down the sides.
5. Place the mixture into a piping bag with a plain round 12 mm piping tip.
6. Pipe into the moulds to fill. Smooth over the tops to level. Place into the freezer for 8 hours or until frozen.
7. Once frozen, unmould the individual choux and separate them on a baking tray. Place into the oven on shelf level 2 and select Moisture Plus with Fan Plus at 170°C with 1 automatic burst of steam. Cook for 50 minutes, or until the choux buns sound hollow when tapped on the base.

Honey pears

1. In a saucepan on medium heat, induction setting 6, sauté the pears with all the other ingredients until slightly softened.
2. Remove from the heat and allow to cool. Drain any excess liquid and refrigerate the pears until required.

Caramelised pecans

1. In a medium saucepan, bring the sugar and water to the boil on high heat, induction setting 9. Once it comes to the boil, add the chopped pecans and stir through. Continue to boil for a further 3 minutes.
2. Strain the pecans through a fine mesh sieve over a metal bowl. Discard excess sugar syrup.
3. Spread the pecans onto a paper lined baking tray and place into the oven on shelf level 2.
4. Bake on Fan Plus at 160°C for approximately 15 minutes, or until they have dried out and become slightly roasted. Allow to cool at room temperature then finely chop.

Jasmine tea crème

1. In a medium saucepan, gently warm milk and tea on medium heat, induction setting 6, for 5 minutes. Remove from the heat and infuse for 1 hour.
2. Strain the milk through a fine sieve, pressing firmly. Retain the milk and discard the tea leaves.
3. Return the infused milk, salt and vanilla paste to a clean saucepan and bring to the boil on high heat, induction setting 8.
4. In a separate bowl, combine sugar and custard powder. Slowly add the egg yolks and whisk by hand to combine.
5. Pour the boiled milk over the egg mixture and continue whisking. Return the custard back into a clean saucepan and bring to the boil on medium-high heat, induction setting 7, whisking continuously for approximately 1 minute.
6. Remove from the heat and scrape the custard into a bowl. Gradually whisk in the diced butter, a piece at a time.
7. Press the cling wrap onto the surface of the custard and cool at room temperature before placing into the refrigerator for at least 3 hours, or overnight, until required.

To serve

1. Pierce a hole into the base of the choux puffs using a 10 mm piping tip.
2. Place a teaspoon of honey pears into each bun.
3. Combine 125 g of the caramelised pecans with the jasmine tea crème. Ensure the pecans are chopped finely enough to fit through a 12 mm nozzle. Reserve the remaining pecans for a garnish.
4. Using a piping bag with 12 mm piping tip, fill the bag with jasmine and pecan crème. Pipe approximately 1 tablespoon of crème into the choux puffs.
5. Invert the puffs right way up onto a baking tray and pipe a small amount of crème onto the top. Garnish with the remaining caramelised pecans and dust with icing sugar.

Hint and tips

- The puffs can be cooked using Miele Automatic Programmes. Select Automatic programme/Cookies and Muffins/Choux Buns.
- Choux puffs can be piped onto a lined baking tray, placing the croustillant directly on top if you don't have a half sphere mould.
- Baked unfilled choux puffs can be frozen in an airtight container for up to 3 weeks.
- Jasmine tea crème can be kept in the fridge for up to one week.