



# Hazelnut and caramel Paris Brest

By Kirsten Tibballs

**4 hours**

Preparation time

**22 minutes**

Cooking Time

**30 serves**

Serves

## INGREDIENTS

### Sable

90 g unsalted butter  
100 g raw sugar  
100 g plain flour  
Pinch of salt

### Pate a choux

75 ml full cream milk  
75 ml water  
1 ½ tsp caster sugar  
60 g unsalted butter  
¼ tsp salt  
90 g plain flour, sieved  
145 g eggs, lightly whisked

### Chocolate hazelnut cream

6 g gold gelatine sheets, or  
3 individual  
gelatine sheets  
120 g chocolate hazelnut  
spread  
260 g fresh cream 35% fat  
(A)  
55 g caster sugar  
250 g fresh cream 35% fat  
(B)

### Salted caramel

100 g fresh cream 35% fat  
1 tsp sea salt  
235 g caster sugar  
165 g unsalted butter, room  
temperature, cubed  
100 g liquid glucose  
65 g good-quality milk  
chocolate

### To serve

50 g roasted hazelnuts,  
chopped

### Miele accessories

Pot set and Baking tray

## METHOD

### Sable

1. Place all the ingredients into the bowl of a freestanding mixer fitted with a paddle attachment and mix to form a smooth dough.
2. Between two silicon mats or sheets of baking paper, roll the dough to approximately 2 mm in thickness.
3. Place the rolled dough into the freezer.
4. Once frozen, stamp out thirty 50 mm discs and return them to the freezer until required.

### Pate a choux

1. Place the milk, water, sugar, butter, and salt in a saucepan over medium-high heat, induction setting 7, and bring to a rolling boil.
2. Remove from the heat, add the sieved flour, and stir to form a smooth paste.
3. Return to the cooktop over medium heat, induction setting 5, and stir continuously until the dough forms a loose ball, develops an oily sheen, and a light skin is formed on the bottom of the saucepan.
4. Transfer the mixture into a freestanding mixer fitted with a paddle attachment and beat for approximately 1 minute.
5. Gradually add the eggs, a small amount at a time, ensuring they have completely incorporated after each addition and scraping down the sides of the bowl as required. You may not need to add the entire amount of egg, so test the mixture intermittently. To test the consistency, take a spoonful of the mixture and hold it on its side; it should slide off very slowly when ready. If all the eggs have been added and it's not slowly sliding off the spoon, you may require a small amount of additional egg. Add ½ teaspoon of additional egg at a time.
6. Transfer the mixture into a piping bag fitted with a 10 mm plain piping tip and pipe into the cavities of Silikomart Donuts22 silicon moulds, filling them just under halfway.
7. Place into the freezer to freeze completely.
8. An hour prior to baking, unmould the frozen Paris Brest and arrange them over a baking tray lined with a baking mat. Ensure the choux rings have the curved-side facing upwards and leave enough space between each for when they expand during baking.
9. Preheat the oven on Fan Plus at 180°C.
10. Once the choux have been out of the freezer for 60 minutes, top them with the prepared frozen sable discs, ensuring they are centred.
11. Place into the oven on shelf level 2 and bake for 10 minutes, then without opening the oven door, decrease the temperature to 150°C and bake for a further 8 minutes. Lastly, decrease the temperature to 130°C and bake for a final 6 minutes.
12. Remove from the oven and allow to cool completely at room temperature.

## **Chocolate hazelnut cream**

1. Soak the gelatine in a bowl of cold water. Once soft and pliable, gently squeeze to remove the excess water.
2. Place the chocolate hazelnut spread into a jug and place the pre-soaked gelatine on top.
3. Place the cream (A) and sugar in a saucepan over medium-high heat, induction setting 7, and bring to a boil.
4. Pour approximately half of the boiled cream over the spread and gelatine and process with a stick blender.
5. Add the remaining hot cream and blitz again.
6. Lastly, add the cream (B) and process with the stick blender.
7. Cover the surface of the chocolate hazelnut cream with cling wrap and chill in the fridge for a minimum of 5 hours

## **Salted caramel**

1. Place the cream and sea salt in a saucepan over medium-high heat, induction setting 7, and bring to a boil.
2. In a clean medium sized saucepan, heat the sugar over medium heat, induction setting 6, until completely dissolved and caramelised.
3. Carefully deglaze the caramel with the hot cream, adding one third at a time, stirring gently continuously.
4. Add the butter, glucose, and milk chocolate, and emulsify with a stick blender.
5. Pour the caramel into a bowl and cover the surface with cling wrap.
6. Allow the caramel to cool completely at room temperature before transferring into a piping bag.

## **To serve**

1. Cut the Paris Brest in half using a serrated knife, slowly turning the choux in a circle to gently cut in half. Set aside the tops.
2. Pipe salted caramel into the base, then scatter some chopped hazelnuts on top.
3. Pour the chilled chocolate hazelnut cream into the bowl of a freestanding mixer fitted with a whisk attachment and whip to a medium peak.
4. Transfer the whipped cream into a piping bag fitted with an 8 mm star piping tip and pipe peaks on top of the caramel and hazelnuts.
5. Place the choux tops on top of the piped cream.
6. Pipe dots of caramel on top of the Paris Brest.
7. Using a 6 mm star nozzle, pipe small dots of the remaining chocolate hazelnut cream on top.
8. Finish with some more chopped hazelnuts.
9. Serve immediately.

## Hints and Tips

- Any remaining sable can be kept frozen and used for future batches of choux buns.
- The Paris Brest can be piped directly onto a tray in rings with a diameter of 45 mm.
- The choux can be piped and frozen raw in an airtight container for up to 8 weeks. When ready to bake, arrange them over a baking tray lined with a silicon mat and defrost. Then, place the frozen sable on top before baking.
- Make sure the choux pastry is fully defrosted prior to baking.
- The choux buns can also be baked and then frozen, unfilled, in an airtight container for up to 8 weeks. This takes up more space in the freezer, and you may need to dry them out in the oven once defrosted to return their crisp texture.
- The choux pastry must be golden-brown in colour before the oven door is open or else they can collapse.
- The chocolate hazelnut cream can be made 3-5 days in advance and stored in the fridge.
- The Paris Brest are best eaten no more than 6 hours after they have been assembled.