



From Scratch - **Jack Lenards**

**Class Two - Chefs Supper Club Classical French Cookery**

## Paris Brest Recipe

### Ingredients

#### The Pastry Cream

Vanilla pod	x 1	Sugar	120 g
Milk	500 g	Flour	50 g
<b>Praline paste</b>	<b>90 g **</b>	Cornflour	30 g
Egg yolk	150 g	Cream	50 g

\* For the Praline Paste you can buy a jar in tesco / supervalu of Bonne Maman Hazelnut Praline Caramel - or order online at <https://www.homebaking.ie> / or you can substitute with Nutella which will make a more chocolate based filling

#### Choux Pastry

Butter	130 g	Salt	1/2 tsp
Flour	200 g	Flaked almonds	50 g
Water	125 g	Icing sugar	to dust
Milk	125 g		
Eggs Large	x 4		

## EQUIPMENT

- |  |  |
|--|--|
| <input type="checkbox"/> Oven set to 200 degrees | <input type="checkbox"/> Piping bag x 2 / large nozzle x 2 (if you don't have piping bags and nozzles use a freezer or zip lock bag) |
| <input type="checkbox"/> Baking tray             |  |
| <input type="checkbox"/> Parchment               | <input type="checkbox"/> Bowls   |
| <input type="checkbox"/> Saucepan                | <input type="checkbox"/> Balloon whisk   |
| <input type="checkbox"/> Weighing scales         | <input type="checkbox"/> Stand mixer with beater attachment  |
| <input type="checkbox"/> Wooden spoon            | <input type="checkbox"/> Spatula   |
| <input type="checkbox"/> Sieve                   | <input type="checkbox"/> Serrated knife  |

## METHOD

First start by making the praline cream.

1. Into a saucepan, add milk. On a chopping board take the vanilla pod and split it down the middle. Scrape out the seeds and add them to the milk and bring to the boil.
2. Into a bowl whisk the egg yolks and sugar together then add in the flour and corn flour. Whisk until smooth with no lumps. Bring the milk to the boil and then pour 100mls of it over the egg mixture while whisking continuously so the eggs don't cook, once it's fully mixed pour the milk and egg back into the saucepan. Return the mixture to the heat and cook while continuously whisking until the mixture has thickened and the flour has been cooked out. Once this is done add in the praline paste and continue to mix throughly.
3. If required, pass through a sieve to remove any bits of flour or uncooked eggs. Pour onto a flat tray or dish, making sure to cover the surface with a sheet of cling film so that it does not form a skin. Allow to cool for 30/40 minutes.
4. Preheat the oven to 200°C/gas mark 7.
5. **For the choux,** start by melting the butter 130gms in a large pot, once melted add the flour and a pinch of salt and cook on a medium heat for about 4-5 mins, to cook out the flour. While this is cooking, in another pan warm the milk, water and salt. Once warmed, pour into the dough and allow to thicken. Beat the mixture with a wooden spoon on a low heat until it's all combined. Once fully combined remove from the heat..

6. Once thickened, place into a stand mixer and use the beater attachment. Start to beat the mixture on medium speed for 2-3 mins, allowing all the steam to escape and the pastry mix to cool slightly. Once cooled, start to slowly add 2 eggs into the bowl until a smooth batter is formed. Increase the speed and begin to beat it, as it thickens add the 3rd egg and once that mixes add the 4th egg, once that's mixed - turn off the mixer wipe down all the mixture off the side of the bowl to ensure it's all fully mixed. Set the machine off on a higher speed until combines to a smooth paste.
7. Place into piping bag, cut the bottom, insert the nozzle and add the mixture. Twist down to remove the air, fold and leave to one side, if you don't have a piping bag use a ziplock bag or similar and add the mixture, push out the air and seal and leave to one side.
8. Place a non-stick baking or silicone sheet onto a flat baking tray (alternatively, cut a piece of baking parchment to fit). Add a small dollop of the choux mix under each corner of the baking parchment, this will ensure it sits down flat. Draw as many 10cm circle stencils onto the parchment paper as will fit (for the number of Paris Brest you wish to make) - these will all puff up as they cook so make sure to leave enough space between each section of choux.
9. Using the piping bag (or now cut the corner off your zip lock bag) pipe the choux pastry mix onto the paper. Follow the stencil to make rings. If you prefer, pipe some mix into straight lines to make eclairs or pipe small blobs onto the parchment paper to make profiteroles. Using a finger dipped in warm water, flatten down any high peaks in the mix after piping (this will avoid burning the tops) & smooth over any holes or gaps in the mix. Cover each ring with the flaked almonds (this will hide any fixes).
10. Put the tray in the oven and turn down to 160C. Bake for 6-10 mins. Once cooked, allow to cool but remove them off the tray they were baked on as they will become soggy.
11. Whip your cream and set aside.
12. **Whip Praline Cream.** Take cooled mixture and in a bowl whisk the praline cream mixture to remove all the lumps. Using a spatula, gently fold in the whipped cream until the mixture is smooth and runny and place the mixture in a piping bag.
12. When the choux pastry has cooled, take a serrated knife and cut the cooked pastry circle in half through the centre so you have two evenly sized circles, keeping the side with the flaked almonds for the top. Pipe the praline cream into the bases of each of the pastry circles and then add the circle with the almonds on top. Press down lightly to join. Dust the tops of each with icing sugar and serve.

# Crêpes Suzette

## EQUIPMENT

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Hob                         | <input type="checkbox"/> Whisk        |
| <input type="checkbox"/> Frying Pan                  | <input type="checkbox"/> Spatula      |
| <input type="checkbox"/> Scales                      | <input type="checkbox"/> Ladle        |
| <input type="checkbox"/> Bowls                       | <input type="checkbox"/> Sieve        |
| <input type="checkbox"/> Palette knife or fish slice | <input type="checkbox"/> Paring knife |

## INGREDIENTS

Plain flour	100 g	Orange juice	2-3 oranges
Salt	1/2tsp	Lemon juice	10 g
Milk	300 g	Grand Marnier	20 g
Eggs	2	Unsalted butter	50 g
Fat spray /oil		Orange segments	10
Caster sugar	50 g		

## METHOD

1. Place the flour and salt into a mixing bowl. Make a well in the centre of the flour and crack in the eggs. Pour in 50g of milk and fold the flour into the egg/milk mixture. Beat until it is a smooth paste. Gradually start pouring the rest of the milk in while whisking. When a creamy, batter like mixture is achieved, place in the fridge to chill for 30 mins.
2. Zest one orange. Then cut away the top and bottom and peel the skin by following the curve of the fruit. Once peeled, cut out 8 /10 orange segments and put to one side.
3. Heat a pan to a medium heat and lightly grease pan with either oil or grease spray. Ladle in some of the batter and swirl the pan to allow the batter to spread round the pan for a thin even layer.
4. Leave to cook until the pancake has turned a golden brown, using a palette knife or fish slice, flip the pancake over and cook the other side for about 30 seconds. Remove from the pan and repeat this step until all the batter is used. Ideally it's 2 - 3 pancakes per person.
5. Using the same frying pan, dust the bottom of the frying pan with caster sugar and set the pan over a low-medium heat. Allow the sugar to melt slowly without stirring and continue to cook until it becomes a deep amber-coloured caramel.

6. Add the orange juice and the lemon juice – be careful as it may splatter and spit as it hits the hot caramel. Juice the remaining orange you took the segments off to make 250ml orange juice. add the lemon juice. Cook off the sugar fully and have the orange juice take on the caramel colour.
7. Add the butter to the sauce in small pieces and increase the heat and stir until it's glossy and reduced slightly.
7. Fold the cooked pancakes into quarters and add the pancakes to the pan to warm through. Add the orange zest & segments around the side and leave to cook for 2mins - don't burn.
8. Add 1 shot of Grand Marnier - pour it over the top and then light it to burn off the alcohol and keep it moving over a medium heat.
8. Once the alcohol has evaporated - serve immediately making sure to spoon the sauce over the pancake to finish.

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