

SALTED CARAMEL RELIGIEUSE



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Serves as the calm after the storm.

- Sub Category Name

Food

Desserts

- Recipe Source Name

Dilmah Real High Tea Global Challenge 2015
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Ingredients

SALTED CARAMEL RELIGIEUSE

Choux Buns

- 1L Water
- 400g Butter
- 650g Flour
- 14 Eggs
- 5g Sugar
- 5g Salt

* Garnish for the Choux Bun

- 500g Flour
- 250g Brown Sugar
- 250g Castor Sugar (white)

- 400g Butter

Caramel Pastry Cream

- 275g Sugar
- 800g Milk
- 1 Vanilla Bean
- 120g Egg Yolk
- 40g Sugar
- 60g Corn Flour
- 340g Butter
- 10g Gelatin
- 3g Salt

Methods and Directions

SALTED CARAMEL RELIGIEUSE

Choux Buns

- Add water and boil in a pan over medium heat. When it starts to boil, add butter, sugar and salt.
- When the Butter starts melting add the flour and mix well. Take pan off the heat, cool to room temperature and transfer mixture into a mixer.
- Gradually add the eggs one by one and mix well till it forms a smooth paste.
- Pipe to circles, place crunchy paste on top* and bake at 200°C for 30 minutes.

* Garnish for Choux Bun

- Mix all the ingredients together to form a crumbly texture. Spread it flat out on a baking sheet and freeze. Once frozen, cut out circles and place on top of prepared choux mixture.

Caramel Pastry Cream

- Caramelize sugar (275g) and salt and deglaze with milk and vanilla bean.
- Mix egg yolk, sugar and corn flour till you get a smooth paste and add it to the deglazed caramel.
- Next add gelatin and butter and mix well.
- Fill into the choux buns and serve.