

Crème Brûlée

*Strawberry Crème Brûlée Doughnut,
Poached Pear Crème Brûlée, Troegs Grand Cacao Reduction*



American Culinary Federation
Harrisburg Chapter

Strawberry Crème Brûlée Doughnut

*By Chef Nicholas Arnold, CEC, Executive Chef of The Hotel Hershey
Yields: 12 doughnuts*

Crème Brûlée Filling

Make a day ahead so that it is cooled and ready for piping

32 fl oz. 40% heavy cream
6 oz granulated sugar, divided
Pinch Himalayan Sea Salt
2 each Tahitian vanilla bean
5.5 oz. egg yolks

Combine the heavy cream, 3 oz of sugar and salt in a saucepan and bring to a simmer over medium heat stirring gently with a non-reactive spoon. Remove from heat. Split vanilla bean, scrape, add the seeds, cover and steep for 15 minutes. After steeping the cream, bring to a boil; strain. Blend egg yolks with 3 oz sugar and whip until just turning pale, temper cream the strained cream mixture into egg yolk sugar mixture, strain again. Place in a third pan inside a 2" pan; fill with water $\frac{1}{3}$ way up the side. Bake in water bath 325F for 20-35 minutes or until just barely set; let cool to room temperature. Chill overnight.

Dehydrated Strawberries

4 pints strawberries, washed, picked, cut in half lengthwise
2 cups water
2 cups granulated sugar

Lightly poach strawberries in simple syrup. Place on silpat and dry overnight (8-12 hours) at 135F in a dehydrator until completely dry. Reserve simple syrup.

Dusting Sugar

2 cups granulated sugar
2 tsp dried vanilla bean, ground
 $\frac{1}{4}$ - $\frac{1}{3}$ cup dried strawberry, finely ground; ensure to reserve some for garnish on plate

Mix together sugar, vanilla bean and strawberry dust.

Doughnuts

3 Tbsp active dry yeast

1 cup warm water (about 105°F/40°C)

½ cup sugar, plus 1 tbsp

½ tsp baking powder

½ tsp ground mace

2 tsp iodized salt

4 to 4 ½ cups bread/strong flour, plus more for rolling and cutting

¼ cup shortening (trans-fat-free preferred)

3 each large egg yolks

½ tsp vanilla extract

Canola oil, for frying

Whisk the yeast, water, and 1 tbsp of the sugar together in the work bowl of a stand mixer and set aside for 5 minutes. In a large bowl, whisk together the remaining ½ cup sugar, baking powder, mace, salt, and 4 cups of the bread flour; rest. Add the shortening, egg yolks, and vanilla to the yeast mixture. Mix with the paddle attachment on low speed for 1 minute, to break up the shortening. Add about a third of the dry ingredients and mix until blended on low speed, then repeat with the second third of the dry ingredients.

Switch to the dough hook and add the remaining dry ingredients, mixing on low speed until no white spots remain each time, adding more flour as necessary, until the dough is dry enough to clean the bottom of the bowl. Increase the speed to medium and knead for 2 more minutes. Should be smooth like bread dough, but a bit tacky.

Shape into a 6" disk and dust both sides with flour and cover and allow to proof. Let the dough rise until doubled in size, about 1 hour.

Transfer the dough to a lightly floured work surface and roll into a roughly 12" circle, about ½" thick, with a floured rolling pin. Cut into 2" rounds. Let them rise once more until doubled in size about 30-45 minutes.

Fry at 340F until they have developed a light golden brown. Flip and continue to fry until a nice whitewall has developed. There should be enough dough to make additional to test oil and frying.

After frying the doughnuts, fill a piping bag with the chilled Creme brûlée and fill the doughnuts. Dip into reserved strawberry simple syrup and then dip into strawberry sugar.

Poached Pear Crème Brûlée

By Chef Autumn Patti, Program Director, Culinary Arts, Baking and Pastry Arts Programs, HACC
Yields 4 servings

2 firm pears, Red, Bartlett, or D'Anjou
1 bottle Troegs Grand Cacao
½ cup granulated sugar
2 orange peel strips
6 fl oz. heavy cream
2 Tbsp. granulated sugar, divided
½ tsp. dried lavender
1 egg yolk
½ tsp. vanilla
Dash of freshly grated nutmeg, and as needed for finishing
Raw sugar, as needed

Preheat a conventional oven to 350F.

Remove the peel from the pears and cut in half from the stem down, vertically. Remove the core with a melon baller tool. Continue to remove the interior to form a bowl inside the pear half, leaving about ½" of the pear wall.

Combine the beer, sugar, and orange peels in a saucepan and bring to a simmer. Stir to dissolve the sugar. Strain. Transfer the poaching liquid to a baking dish. Add the pear halves and place in the oven for 15 minutes.

Combine the cream, 1 Tbsp. of sugar, and lavender in a small saucepan. Bring to a simmer, stir to dissolve the sugar, and steep for 5 minutes. In a small bowl, whisk together the egg yolk, 1 Tbsp of sugar, and vanilla. Reheat the cream to a simmer and slowly temper the hot cream into the yolk mixture, a few drops at first to not curdle the egg. Strain the mixture into a measuring cup.

Pour the hot crème mixture into the pear cups, without removing the pan from the oven if possible. Continue to bake for 10-15 minutes, until the custard is just set on the top yet jiggle when shaken. Remove from the oven and allow to cool to room temperature in the poaching liquid. Cool the pears completely in the refrigerator, ideally overnight.

Transfer the poaching liquid to a small saucepan. Bring to a simmer and reduce slightly until the desired consistency is reached. Cool.

To plate, add a small pool of sauce as a base. Place one pear crème brûlée on the plate. Set up a torch and sprinkle raw sugar down onto the pear, passing through the flame to caramelize slightly. Finish with freshly grated nutmeg through the flame.