

PARIS BREST

Preparation time: 50 minutes

Total cooking time: 1 hour 15 minutes

Serves 6–8



Choux pastry

50 g (1¾ oz) unsalted butter

¾ cup (90 g/3 oz) plain flour, sifted

3 eggs, lightly beaten

Filling

3 egg yolks

¼ cup (60 g/2 oz) caster sugar

2 tablespoons plain flour

1 cup (250 ml/8 fl oz) milk

1 teaspoon vanilla essence

1 cup (250 ml/8 fl oz) cream,
whipped

200 g (6½ oz) raspberries or

250 g (8 oz) strawberries, or a mixture

Topping

125 g (4 oz) dark chocolate, chopped

30 g (1 oz) unsalted butter

1 tablespoon cream

1 Preheat the oven to hot 210°C (415°F/ Gas 6–7). Brush a large tray with melted butter or oil and line the tray with baking paper and mark a 23 cm (9 inch) circle on the paper.

2 Stir the butter with ¾ cup (185 ml/6 fl oz) water in a medium pan over low heat until the butter has melted and the mixture boils. Remove from the heat, add the flour all at once and, using a wooden spoon, beat until smooth.

Return to the heat and beat until the mixture thickens and comes away from the side of the pan. Remove from the heat and cool slightly.

3 Transfer to a large bowl. Using electric beaters, add the eggs gradually, beating until stiff and glossy. Place heaped tablespoons of mixture touching each other, using the marked circle as a guide. Bake for 25–30 minutes, or until browned and hollow sounding when the base is tapped. Turn off the oven and leave the pastry to dry in the oven.

4 To make the filling, whisk the yolks, sugar and flour in a bowl until pale. Heat the milk in a pan until almost boiling. Gradually add to the egg mixture, stirring constantly. Return to the pan and stir constantly over medium heat until



the mixture boils and thickens. Cook for another 2 minutes, stirring constantly. Remove from the heat and stir in the vanilla essence. Transfer to a bowl, cover the surface with plastic wrap to prevent a skin forming and set aside to cool.

5 To make the topping, combine the chocolate, butter and cream in a heatproof bowl. Stand the bowl over a pan of simmering water and stir until the chocolate has melted and the mixture is smooth. Cool slightly.

6 To assemble, cut the pastry ring in half horizontally using a serrated knife. Remove any excess dough that remains in the centre. Fold the whipped cream through the custard and spoon into the base of the pastry. Top with raspberries or halved strawberries. Replace the remaining pastry half on top. Using a flat-bladed knife, spread the chocolate mixture over the top of the pastry. Leave to set.

NOTE: The pastry ring may be made up to 4 hours in advance. Store in an airtight container. Custard may be made up to 4 hours in advance; refrigerate until required. Assemble close to serving time.