

HEART ST. HONORÈ

REVISITATION OF THE CLASSIC ST. HONORÈ CAKE, WITH PISTACHIO AND RASPBERRY FILLING

DIFFICULTY LEVEL B B





PUFF PASTRY

INGREDIENTS		PREPARATION
GRANSFOGLIA	g 1000	mix
COLD WATER	g 450	for 5 minutes Gransfoglia and water up to
	g 700	obtain a paste that is still not very smooth
		Leave
		rest in the refrigerator for 2 3 hours, well
		covered, then start with the folds using the butter
		dish
		Proceed
		with a 3 fold and a 4 fold and do
		rest, well covered in the refrigerator, until the
		dough is not relaxed
		Repeat
		one fold in 3 and one in 4 and let it rest
		again, tightly covered in the refrigerator, until the
		dough is not relaxed enough for the
		final draft



RICH PISTACHIO CREAM

INGREDIENTS		PREPARATION
FULL-FAT MILK (3,5% FAT)	g 1000	
SUGAR	g 200	start mixing sugar and Sovrana,
EGG YOLK	g 200	add the egg yolks and mix well with a whisk
SOVRANA	g 80	Bring the milk to a boil and pour onto the
UNSALTED BUTTER 82% FAT	g 150	sugar mixture, Sovereign, yolks and mix
JOYPASTE PISTACCHIO PURA	g 200	Bring back to the heat and cook, continuing to
WATER	g 100	mix until the cream thickens
		Pour into a carafe and add the
		rehydrated pistachio paste then the cold butter a
		cubes and mix until you get a cream
		velvety and homogeneous Cool quickly



CRAQUELIN

INGREDIENTS		PREPARATION
FLOUR	g 130	inside of
AVOLETTA	g 80	of a planetary mixer equipped with
CASTER SUGAR	g 140	leaf, work the diced butter with the
UNSALTED BUTTER 82% FAT	g 150	flour Insert the Avoletta and the sugar
RED COLOUR	To Taste	mixed Add color powder
		and mix to obtain a mass
		similar to shortbread Put between two
		sheets of silicone paper and spread a
		2 mm then put to cool in
		blast chiller for about 1 2 hours Print
		some diskettes with a cookie cutter e
		lay on each individual cream puff first
		of cooking

BIGNÈ DOUGH

INGREDIENTS		PREPARATION
WATER	g 425	Mix
DELI CHOUX	g 250	medium speed DELI CHOUX with
		hot water 50 5555°C) in a planetary mixer with
		leaf for 10 15 minutes and in any case until
		to obtain a smooth and free mix
		lumps it is recommended to add water
		gradually Let the dough rest
		in the fridge, if desired even until the day
		following, then with sac a poche equipped with



smooth nozzle dress the cream puffs on mats micro-perforated Place the disk on top frozen of craquelin and bake at 180180°C in convection oven for about 15 minutes

CRUNCHY CARAMEL LAYER

INGREDIENTS PREPARATION

PRALIN DELICRISP CARAMEL FLEUR DE SEL

To Taste spread a thin layer of pralin delicrisp caramel fleur de sel, cool and cup in the shape of a heart

NAMELAKA RASPBERRY AND MASCARPONE

INGREDIENTS		PREPARATION
FULL-FAT MILK (3,5% FAT)	g 500	Warm up
GLUCOSIO	g 20	slightly fresh milk with the
LILLY NEUTRO	g 100	glucose, add the Lilly Neutral then the
SINFONIA CIOCCOLATO BIANCO 33%	g 330	white chocolate and make a ganache
MASCARPONE CHEESE	g 300	Insert the mascarpone, the Raspberry Joypaste
LIQUID CREAM	g 750	and lastly the cream at a temperature of 55°C
PASTA AROMATIZZANTE LAMPONE	g 100	approximately You must obtain a liquid mixture
		to let mature in the fridge for a whole night
		The following day, lightly whip in
		planetary mixer with whisk





RECIPE CREATED FOR YOU BY **OMAR BUSI**

PASTRY CHEF AND CHOCOLATIER

