

ARNAUD DELMONTEL

PARIS PÂTISSERIE

70 RECIPES AT THE HEART OF PARISIAN HISTORY



RIZZOLI
UNIVERSE

Although small, crescent-shaped cakes were already being made in 17th century Paris, it was not until 1770 that they were introduced to the French court by Marie-Antoinette. In 1830, two Austrians were selling *kipferls*, croissants made with brioche dough, at their Viennese boulangerie on the rue de Richelieu. In 1905, this king of Viennese pastries had a flaky texture and by 1920 the croissants were being made with butter. At this point, they became a fixture on the breakfast tables of the nobility and the bourgeoisie.

Croissants

Preparation time:
30 minutes
Resting time:
3 hours
Cooking time:
10 to 15 minutes

INGREDIENTS TO MAKE 20 CROISSANTS

3¾ cups (1lb 2oz/500g) strong white bread flour
2½ tsp (½oz/10g) salt
5 tbsp (2oz/60g) superfine (caster) sugar
1 tbsp (½oz/15g) acacia honey
1½ cups plus 2 tbsp (12oz/350g) unsalted butter
¾oz (20g) baker's (fresh) yeast
1 cup (8½fl oz/240ml) whole milk
2 eggs, for glazing

Fit a stand mixer with the dough hook attachment and put the flour, salt, sugar, honey, and 7 tablespoons (3½oz/100g) of the butter in the bowl. Mix the yeast with the cold milk, add to the bowl and knead the ingredients together on slow speed for 2 to 3 minutes, followed by 7 minutes on medium speed. The dough must be smooth and elastic. Shape the dough into a ball, cover it in plastic wrap (cling film), and leave it to rise for 30 minutes at room temperature.

Using a rolling pin, flatten the dough into a square and chill it for 30 minutes. Transfer the dough to a work surface. Place the remaining butter on top in the center, flatten it with the rolling pin and wrap the dough around to enclose the butter. Roll out the dough to a rectangle measuring about 24 x 12 inches (60 x 30cm).

Give the dough three turns, usually a double turn and a single one, chilling the dough for 30 minutes between each turn. Roll out the dough to a rectangle ¼ inch (4mm) thick and measuring 20 x 10 inches (50 x 25cm). Cut the dough into 20 triangles and roll each one up from the base toward the point. You can lightly stretch your rolled out dough to make a croissant with more turns that will be flakier when baked.

Transfer the croissants to a baking sheet covered with baking parchment. Leave the croissants to rise for about 1 hour until they have doubled in volume.

Preheat the oven to 400°F (200°C/Gas mark 6).

To make the glaze, beat the eggs together in a ramekin and brush over the croissants. Bake for 10 to 15 minutes until golden brown.



Parisian Savoy sponge cake

Preparation time:

20 minutes

Cooking time:

45 minutes

EQUIPMENT

Savoy cake or Genoese sponge pan, 10½ or 11¼ inch (26 or 28cm) in diameter

INGREDIENTS TO SERVE 8

14 eggs

2½ cups (1lb 2oz/500g) superfine (caster) sugar

Seeds from 1 vanilla bean

1 ½ cups (6½oz/185g) all-purpose (plain) flour

1¼ cups (6½oz/185g) cornstarch (cornflour)

1 pinch of salt

Butter and sugar for the cake pan

Preheat the oven to 375°F (190°C/Gas mark 5). Butter the pan and dust it with sugar.

Separate the eggs into whites and yolks.

Put the sugar, vanilla seeds, and egg yolks into a mixing bowl. Beat with an electric mixer fitted with the whisk attachment until the batter is very creamy and has become pale and thickened.

Sift the flour with the cornstarch, then whisk into the cake batter.

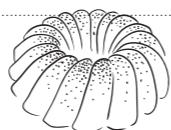
Whisk the egg whites with the pinch of salt until standing in firm peaks. Fold them into the batter using a spatula, mixing gently until they have been evenly incorporated.

Pour the batter into the pan, filling it by two-thirds. Bake for 45 minutes. Check if the cake is cooked by pushing the tip of a sharp knife into the center; the knife must come out clean.

Turn the cake out onto a wire rack.



Among the Savoy sponge cake recipes, the one from Pâtisserie Félix, a grand 19th century house in the rue Vivienne, is one of the very best.





This pâtisserie, with its links to the Enlightenment, would have been created to mark the publication of *Conversations d'Émilie* (*The Conversations of Emily*) by Madame d'Épinay in 1774.



Conversations

INGREDIENTS TO MAKE 8

Preparation time:

40 minutes

Resting time:

30 minutes

Cooking time:

30 to 35 minutes

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EQUIPMENT

3½-inch (8-cm) round pastry cutter

8 molds, 2 inches (5cm) in diameter and ½ inch (1.5cm) high

14oz (400g) classic puff pastry (see page 230) • Butter for the molds

Almond cream 3 tbsp (1¾oz/45g) butter • ¼ cup less 1 tsp (1¾oz/45g) sugar • ½ cup (1¾oz/45g) ground almonds • 1¾oz (45g) eggs • 3½ tsp (1¾oz/10g) all-purpose (plain) flour • 2 tsp (½ fl oz/10ml) rum • Vanilla flavoring, to taste

Royal icing 2 egg whites • 1¾ cups (9oz/250g) powdered (icing) sugar

Roll out the puff pastry ¼ inch (3mm) thick and cut out 16 rounds using the pastry cutter. Cut strips from the pastry trimmings, ¼ to ½ inch (5mm to 1cm) wide.

Butter the molds. Line them with the eight pastry rounds, pricking the bottom of each with the tines of a fork. Let the pastry overhang the sides of the molds so that you can fix the pastry tops in place once the almond cream has been piped or spooned in.

Make the almond cream

Fit a stand mixer with the flat beater and mix the butter and sugar together on low speed. Add the ground almonds and then the egg. Continue beating, scraping down the sides of the bowl with a dough scraper or spatula to ensure the batter is evenly combined. Add the flour, rum, and vanilla flavor and mix well.

Spoon the mixture into a pastry bag fitted with a ½ inch (12-mm) plain tip (or use a spoon) and fill the tart cases with it.

Lightly dampen the pastry edges of the tartlets, and lay the remaining eight pastry rounds on top, removing any excess with a rolling pin. Chill in the refrigerator while you make the royal icing.

Royal icing

Beat the egg whites until standing in soft peaks, then fold in the powdered sugar using a spatula.

To assemble and finish

Using a spatula, spread a layer of royal icing over each tartlet.

Lay the pastry strips on top of the icing on each tartlet, interlacing them in a diamond pattern. Place the conversations on a baking sheet lined with parchment paper and leave to rest in the refrigerator for 30 minutes.

Preheat the oven to 350°F (180°C/Gas mark 4) and bake the conversations for 30 to 35 minutes.

In 1839, in the service of James Mayer de Rothschild, Antonin Carême created a sweet soufflé with a pastry cream base. He perfected and built upon recipes created in the second half of the 18th century by a number of chefs, including Massialot, Viard and Beauvilliers. Acknowledged by Alexandre Dumas in his *Grand Dictionnaire de cuisine* (1873) and in the movie *Le Grand Restaurant* (1966) by Louis de Funès, his fame remains undimmed.

Soufflé

Preparation time:

45 minutes

Cooking time:

20 to 25 minutes

EQUIPMENT

8 ramekins 3½ inches (9cm) in diameter and 1¾ inches (4.5cm) high

or a 7½-inch (19-cm) soufflé dish 3½ inches (9cm) high

INGREDIENTS TO SERVE 10

Crème pâtissière 1¾ cups (14fl oz/400ml) whole milk • 6½ tbsp (2¾oz/80g) superfine (caster) sugar • ½ vanilla bean, slit lengthwise and seeds scraped out • 2¾oz (80g) eggs • ¼ cup (¾oz/20g) cornstarch (cornflour) • 2½ tbsp (¾oz/20g) all-purpose (plain) flour • 3 tbsp (1½oz/40g) butter, cut into small pieces • 1tbsp plus 1tsp (20ml) absinthe or Grand Marnier
Soufflé 10½oz (300g) egg whites • ¾ cup less ½ tbsp (3½oz/100g) powdered (icing) sugar • Melted butter and superfine (caster) sugar for greasing and dusting the ramekins

Make the crème pâtissière

Heat the milk in a saucepan with half the sugar and the vanilla bean and seeds.

In a mixing bowl, whisk the eggs with the rest of the sugar until pale and thickened. Sift in the cornstarch and flour and fold in.

When the milk mixture comes to the boil, remove the vanilla pod. Pour some of the vanilla-flavored milk onto the egg mixture to loosen it, mix it in, then pour it back into the saucepan. Stir well until the two mixtures are combined, then bring to the boil and cook for 2 to 3 minutes.

Take the pan off the heat and mix in the butter. Transfer the crème pâtissière to a bowl, press plastic wrap (cling film) over the surface and leave to cool.

Make the soufflé

Preheat the oven to 400°F (200°C/Gas mark 6).

Brush the ramekins or the soufflé dish lightly with melted butter and dust with superfine sugar.

Return the crème pâtissière to a saucepan and whisk over the heat until lukewarm and the temperature reaches 95°F to 104°F (35°C to 40°C). Add your chosen alcohol.

Whisk the egg whites to firm peaks, then carefully fold in the crème pâtissière using a flexible spatula.

Fill the ramekins with the mixture, smooth the tops, and dust with powdered sugar. Run your finger around the top edge of each ramekin to remove any excess mixture. Bake in the oven for 20 to 25 minutes and serve at once.





Although he certainly did not create it, it was Antonin Carême who made the modern choux pastry recipe popular. He also set the fashion for filling choux buns with either crème pâtissière or Chantilly cream.

Choux buns filled with Chantilly cream

Preparation time:
30 minutes
Cooking time:
25 to 30 minutes

INGREDIENTS

FOR 8 TO 10 CHOUX BUNS

14oz (400g) choux pastry dough (see page 230)
Powdered (icing) sugar, for dusting

Chantilly cream

2½ cups (19fl oz/550ml) whipping cream
(35% fat), chilled
5¾ tbsp (1¾oz/50g) powdered (icing) sugar
Dash of natural vanilla flavoring

Shape the buns

Preheat the oven to 375°F (190°C/Gas mark 5). Spoon the choux pastry dough into a piping bag fitted with a ½-inch (12-mm) plain tip. Line a baking sheet with parchment paper and pipe choux buns, 1½ inches (3.5cm) in diameter, spacing them about 1¼ inches (3cm) apart. Dust the choux buns with powdered sugar and bake for 25 to 30 minutes.

Make the Chantilly cream

Whip the chilled cream with the sugar and vanilla flavoring. Once the choux buns are baked and cooled, cut off their tops, two-thirds from their base, using a serrated knife.

Spoon the cream into a piping bag fitted with a large fluted tip. Pipe swirls of cream over the base of each bun and sit the lids on top. Dust with powdered sugar.

