

Paris-Brest

READY IN



157 min.

SERVINGS



10

CALORIES



328 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds sliced
- 2 tablespoons powdered sugar
- 5 eggs
- 1 cup flour all-purpose
- 1 cup heavy whipping cream chilled
- 0.3 cup milk
- 2.5 cups pastry cream
- 0.3 teaspoon salt
- 6 tablespoons butter unsalted softened

- 1 teaspoon vanilla extract
- 0.8 cup water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- blender
- toothpicks
- measuring cup
- pastry bag
- serrated knife

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place a small pan containing about 2–3 cups of hot water onto the bottom of your oven (directly onto the bottom of the oven) to generate steam. Lightly grease a large baking sheet with shortening and then dust lightly with flour. Use a 10 inch pan as a template and draw a 10 inch circle onto the flour dusted sheet using a toothpick. Set aside.
- Place the 4 eggs into a small measuring cup and mix with a fork to combine, set aside.
- Combine the milk, water, salt and butter in a saucepan over medium heat. When it comes to a full boil, add the flour all at once and stir to make a paste. Continue to stir over the heat for about 40 seconds until the paste dries a little.
- Remove from heat and place paste into a mixing bowl.
- Let cool about 4 minutes.
- With a mixer on low, mix the paste and slowly add the beaten eggs.
- Mix slowly but thoroughly until all of the eggs have been added.

- Place the paste into a pastry bag fitted with a 1/2 inch round decorating tip. Pipe the paste out onto the sheet pan following the 10 inch ring you outlined. Pipe a second ring around the inside next to this ring. Finally, pipe another ring on top of these two rings. Lightly paint the set of rings with the remaining 1 beaten egg and press the sliced almonds into the paste.
- Place in the oven on the lowest shelf and bake at 425 degrees F (220 degrees C) for 20 minutes. Reduce the temperature to 375 degrees F (190 degrees C) and bake about 12 minutes more or until brown.
- Remove from the oven and using a long serrated knife slice off the top half of the puffed ring.
- Remove any bits of raw dough on the inside of the ring. Replace the top and place back in the oven to crisp the dough, about 5 more minutes. Cool on a rack.
- To Make The Filling: Whip the pastry cream until smooth.
- Place the heavy cream into a bowl along with the vanilla and beat on high until soft peaks are formed.
- Add in the confectioners' sugar and beat a little more. Fold the pastry cream in with the whipped cream and transfer to a piping bag fitted with a star tip. Pipe the cream mixture into the ring and then replace the top. If you wish, sprinkle with additional powdered sugar.

Nutrition Facts

 PROTEIN **10.07%**  FAT **59.38%**  CARBS **30.55%**

Properties

Glycemic Index:15.96, Glycemic Load:11.57, Inflammation Score:-5, Nutrition Score:9.1904347979504%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 328.47kcal (16.42%), Fat: 21.78g (33.51%), Saturated Fat: 12.13g (75.81%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 24.59g (8.94%), Sugar: 6.22g (6.91%), Cholesterol: 163.48mg (54.49%), Sodium: 159.49mg (6.93%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 8.31g (16.62%), Vitamin B2: 0.4mg (23.55%),

Selenium: 16.24µg (23.2%), Phosphorus: 181.78mg (18.18%), Vitamin A: 816.79IU (16.34%), Calcium: 144.23mg (14.42%), Vitamin D: 1.86µg (12.4%), Vitamin B1: 0.16mg (10.89%), Vitamin B12: 0.65µg (10.8%), Folate: 41.78µg (10.44%), Vitamin B5: 0.99mg (9.88%), Vitamin E: 1.29mg (8.58%), Manganese: 0.15mg (7.54%), Iron: 1.32mg (7.32%), Potassium: 240.94mg (6.88%), Magnesium: 25.67mg (6.42%), Zinc: 0.89mg (5.97%), Vitamin B6: 0.1mg (5.18%), Vitamin B3: 0.96mg (4.79%), Copper: 0.09mg (4.3%), Fiber: 0.63g (2.5%), Vitamin K: 1.61µg (1.54%)