

Pithiviers

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



531 kcal

SIDE DISH

Ingredients

- 1 pound puff pastry
- 1 egg yolk
- 1 tablespoon cup heavy whipping cream
- 0.7 cup blanched almonds and whole toasted
- 0.5 cup sugar
- 6 tablespoons butter softened
- 1 eggs
- 1 tablespoon rum dark

- 2 tablespoons flour
- 0.5 teaspoon almond extract

Equipment

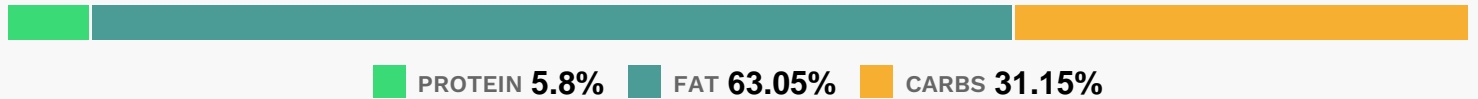
- food processor
- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- plastic wrap
- cake form

Directions

- Prepare the Puff Pastry.
- Make the frangipane: In the bowl of a food processor, blend the almonds and the sugar until very fine.
- Add the butter, egg, rum, flour, and almond extract and process until smooth. Wrap in plastic wrap and shape into a 6-inch round. Freeze until firm, at least 45 minutes.
- On a lightly floured work surface, roll out puff pastry into a rectangle about 18 by 9 inches and 1/8 inch thick. Using a 9-inch cake pan as a guide, cut two 9-inch rounds from the dough with a very sharp paring knife or pastry wheel. Using a 1-inch circular biscuit cutter or a large round pastry tip, cut out a steam vent from the center of the top round.
- Place rounds on a baking sheet and freeze until very firm but still pliable, about 20 minutes.
- In a small bowl, whisk together the egg yolk and heavy cream for the egg wash.
- Preheat the oven to 375 degrees.
- Remove dough from freezer.
- Place frozen frangipane round in the center of the bottom dough circle.

- Brush the border with egg wash, taking special care not to let the egg wash drip down the sides, which would inhibit proper puffing during baking.
- Place the second round on top, and press to seal, using your fingers. Using a small paring knife, score the top of each Pithivier in a circular, decorative cross-hatch pattern. With a small paring knife, score around edges in 1/4-inch increments.
- Transfer Pithiviers to a baking sheet sprayed well with water and chill for at least 1 hour.
- Remove Pithiviers from freezer.
- Brush top with egg wash, again being careful not to let any excess drip down over cut edge of dough.
- Bake until puffed and golden brown, about 45 to 50 minutes.
- Transfer Pithiviers to a wire rack, and let cool at least 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:23.61, Inflammation Score:-5, Nutrition Score:9.5886956664693%

Nutrients (% of daily need)

Calories: 530.64kcal (26.53%), Fat: 37.44g (57.61%), Saturated Fat: 12.1g (75.61%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 39.68g (14.43%), Sugar: 13.51g (15.01%), Cholesterol: 69.45mg (23.15%), Sodium: 220.27mg (9.58%), Alcohol: 0.71g (100%), Alcohol %: 0.87% (100%), Protein: 7.76g (15.51%), Selenium: 17.87µg (25.54%), Manganese: 0.48mg (24.24%), Vitamin E: 3.16mg (21.05%), Vitamin B1: 0.27mg (17.83%), Vitamin B2: 0.29mg (17.09%), Folate: 59.02µg (14.76%), Vitamin B3: 2.85mg (14.25%), Iron: 2.05mg (11.38%), Phosphorus: 109.51mg (10.95%), Magnesium: 38.54mg (9.64%), Vitamin K: 9.96µg (9.49%), Copper: 0.18mg (9.08%), Fiber: 1.93g (7.73%), Vitamin A: 353.4IU (7.07%), Zinc: 0.76mg (5.08%), Calcium: 40.43mg (4.04%), Potassium: 120.24mg (3.44%), Vitamin B6: 0.04mg (2.15%), Vitamin B5: 0.21mg (2.09%), Vitamin B12: 0.11µg (1.89%), Vitamin D: 0.26µg (1.74%)