



Raisin Brioche Pastries (Pains aux Raisins)

 Vegetarian

READY IN



1500 min.

SERVINGS



11

CALORIES



334 kcal

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1.3 pounds day-old brioche cold
- ☐ 1.5 tablespoons cornstarch
- ☐ 3 large egg yolk
- ☐ 1 cup raisins
- ☐ 0.3 cup sugar
- ☐ 0.5 tablespoon butter unsalted
- ☐ 0.5 teaspoon vanilla
- ☐ 1 cup water

- ☐ 2 tablespoons water
- ☐ 1 cup milk whole

Equipment

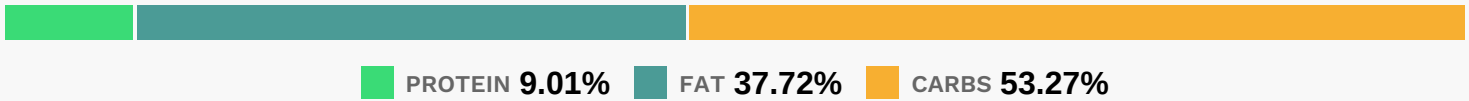
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ cutting board

Directions

- ☐ Make brioche dough the day before making pastry and chill.
- ☐ Just before making pastry cream, soak raisins in boiling-hot water until softened, about 10 minutes.
- ☐ Drain, pressing out excess liquid, and cool to room temperature.
- ☐ Bring milk to a simmer in a 1 1/2-quart heavy saucepan.
- ☐ Whisk together yolks, sugar, and cornstarch in a bowl and gradually whisk in hot milk. Return mixture to pan and cook over moderately low heat, stirring with a wooden spoon, until mixture begins to boil. Simmer, stirring, until thickened and smooth, about 3 minutes.
- ☐ Transfer to a clean bowl and stir in vanilla and butter. Cover surface with plastic wrap and cool to room temperature.
- ☐ Roll out brioche dough on a well-floured surface into an 18- by 11-inch rectangle with a short side toward you.
- ☐ Spread pastry cream evenly over dough, leaving a 1/2-inch border at top edge.
- ☐ Sprinkle raisins evenly over cream.

- ☐ Roll up dough, starting from bottom, to make a log 11 inches long and about 3 1/2 inches in diameter. Moisten top edge with water and press to seal closed.
- ☐ Transfer to a cutting board or baking sheet and cover loosely with plastic wrap.
- ☐ Chill until firm, about 1 hour.
- ☐ Cut chilled log into 11 (1-inch-thick) rounds and arrange about 2 inches apart on 2 buttered baking sheets.
- ☐ Let pastries rise in a warm place, uncovered, 1 hour. (They will increase slightly in size and feel very tender to the touch.)
- ☐ While pastries are rising, preheat oven to 425°F.
- ☐ Bake in batches in middle of oven until tops are golden brown, 12 to 15 minutes.
- ☐ Transfer pastries to a rack.
- ☐ Simmer preserves and water, stirring, 1 minute.
- ☐ Pour through a sieve into a bowl, pressing on solids.
- ☐ Brush glaze onto pastries.
- ☐ ·Uncut log can be chilled overnight if desired.·Pains aux raisins can be frozen 1 month, thawed, and reheated in a 350°F oven. However, the pastries really are best when eaten the day they are made.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:10.18, Inflammation Score:-3, Nutrition Score:3.22999999938063%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 333.97kcal (16.7%), Fat: 14.36g (22.09%), Saturated Fat: 7.86g (49.1%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 44.7g (16.25%), Sugar: 9.5g (10.55%), Cholesterol: 142.24mg (47.41%), Sodium: 253.51mg (11.02%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 7.72g (15.44%), Vitamin A: 571.45IU (11.43%), Calcium: 68.44mg (6.84%), Iron: 1.02mg (5.66%), Phosphorus: 50.84mg (5.08%), Vitamin B2: 0.08mg (4.81%),

Selenium: 3.28µg (4.68%), Potassium: 151.79mg (4.34%), Fiber: 0.92g (3.69%), Vitamin B12: 0.21µg (3.52%), Vitamin D: 0.5µg (3.36%), Vitamin B6: 0.06mg (2.78%), Copper: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.36%), Vitamin B5: 0.23mg (2.29%), Manganese: 0.04mg (2.1%), Magnesium: 7.37mg (1.84%), Folate: 7.24µg (1.81%), Zinc: 0.23mg (1.53%), Vitamin C: 1.18mg (1.44%), Vitamin E: 0.15mg (1.02%)