

# Raisin Brioche Pastries (Pains aux Raisins)

Vegetarian







## **Ingredients**

1 cup water

	2 tablespoons water	
	1 cup milk whole	
Eq	uipment	
	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 11/2-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.	

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

PROTEIN 9.01% FAT 37.72% CARBS 53.27%

### **Properties**

Glycemic Index:15.17, Glycemic Load:10.18, Inflammation Score:-3, Nutrition Score:3.2299999938063%

#### **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%)