



Soufflé of Puff Pastry with Orange-Scented Pastry Cream, Candied Pecans, and Caramel Butter Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



437 kcal

CRUST

Ingredients

- 1 cup firmly brown sugar light packed (225 g 8 oz)
- 1.5 Tbsp cornstarch (12 g 0.42 oz)
- 0.3 cup granulated sugar (50 g 1.76 oz)
- 0.5 cup heavy cream (120 g 4.2 oz)
- 1 orange zest finely grated
- 10 servings pastry cream
- 1.3 cups pecan halves (125 g 4.4 oz)

- 10 servings puff pastry
- 1 Tbsp myers's rum dark (15 g 0.5 oz)
- 1 pinch salt
- 2 Tbsp butter unsalted (30 g 1 oz)
- 1 vanilla pod split
- 0.3 cup water (60 g 2.1 oz)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- stand mixer
- broiler
- pastry bag
- pastry cutter

Directions

- Orange-Scented Pastry Cream
- In the bowl of a stand mixer fitted with the whisk attachment, whip the cream to soft peaks.
- Whisk the Pastry Cream until smooth. Gently fold in the orange zest and whipped cream.
- Transfer the cream to a pastry bag fitted with a medium, plain tip and refrigerate until ready to serve.
- Caramel Butter Sauce
- In a small bowl, combine the cornstarch with 2 tablespoons (30 g/1 oz) of the water.
- In a small saucepan, combine the brown sugar, vanilla bean pod and seeds, and remaining 2 cups (470 g/16.5 oz) water and bring to a boil over medium-high heat.
- Add the cornstarch mixture and cook, whisking, for another minute.

- Remove the pan from the heat and whisk in the butter, salt, and rum. Keep the sauce warm until serving, or refrigerate it, covered, and rewarm before serving.
- Candied Pecans
- Preheat the oven to 350°F (177°C).
- Place the pecans in a medium bowl and set aside.
- In a small saucepan, combine the water and sugar and bring to a boil over medium-high heat, stirring, just until the sugar has dissolved.
- Pour the syrup over the pecans and toss until combined.
- Spread the coated pecans on a half-sheet pan and bake for about 8 minutes, tossing once during baking, until browned and fragrant.
- Puff Pastry Rounds
- Preheat the oven to 400°F (204°C). Line a half-sheet pan with a silicone baking mat.
- On a lightly floured work surface, roll the puff pastry out to a thickness of 1/2 inch. Using a 3-inch round pastry cutter, cut out 10 rounds from the dough. Arrange the rounds on the prepared sheet pan and top with another silicone baking mat and half-sheet pan; this will allow the rounds to rise evenly.
- Bake for 45 to 55 minutes, or until the rounds are browned and nicely puffed.
- Remove the top sheet pan and baking mat. Preheat the broiler and dust the rounds liberally with confectioners' sugar.
- Place the rounds under the broiler until they are caramelized. Assemble the desserts immediately.
- Assembly
- While the Puff Pastry Rounds are still hot from the oven, split them in half. Scoop out any undercooked dough from the center of each half and pipe a generous amount of cold Orange-Scented Pastry Cream on the bottom half of the puff. Replace the top of the puff.
- Place the dessert on a plate and spoon some
- Caramel Butter Sauce on top of the warm pastry.
- Garnish with some Candied Pecans.
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Nutrition Facts

PROTEIN 6.51% FAT 43.71% CARBS 49.78%

Properties

Glycemic Index:18.77, Glycemic Load:12.87, Inflammation Score:-4, Nutrition Score:10.463913093443%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 437.09kcal (21.85%), Fat: 21.62g (33.27%), Saturated Fat: 7.92g (49.52%), Carbohydrates: 55.41g (18.47%), Net Carbohydrates: 54.07g (19.66%), Sugar: 33.97g (37.75%), Cholesterol: 91.46mg (30.49%), Sodium: 135mg (5.87%), Alcohol: 0.5g (100%), Alcohol %: 0.31% (100%), Protein: 7.24g (14.49%), Manganese: 0.59mg (29.35%), Calcium: 233.73mg (23.37%), Phosphorus: 227.11mg (22.71%), Vitamin B2: 0.35mg (20.86%), Selenium: 9.9µg (14.14%), Vitamin D: 1.92µg (12.83%), Vitamin B12: 0.76µg (12.62%), Vitamin B1: 0.18mg (11.71%), Vitamin B5: 1.16mg (11.61%), Potassium: 387.17mg (11.06%), Copper: 0.21mg (10.37%), Vitamin A: 514.5IU (10.29%), Magnesium: 40.92mg (10.23%), Zinc: 1.33mg (8.85%), Vitamin B6: 0.13mg (6.59%), Iron: 1.01mg (5.58%), Fiber: 1.34g (5.36%), Folate: 17.33µg (4.33%), Vitamin E: 0.44mg (2.94%), Vitamin C: 1.98mg (2.4%), Vitamin B3: 0.42mg (2.08%), Vitamin K: 1.46µg (1.39%)