

# Caramelized puff pastry, light vanilla cream, apricot oreillons, cardamom syrup with lime zest

## Recipe for 12 portions

### Description

Beautifully simple, crisp, creamy and fruity, ideal for summer or winter, depending on the fruit used.

### Note

The choice of fruit can vary according to the season.

### Ingredients

#### Puff pastry

- 1 Leaf(ves) Puff pastry
- 25 Gr Icing sugar

#### Light cream

- 250 Ml Milk
- 3 Unit(s) Egg yolk
- 85 Gr Sugar
- 30 Gr Cornstarch
- 30 Gr Butter
- 125 Ml 35% whipping cream

#### Syrup Marinade

- 250 Ml Water
- 200 Gr Sugar
- 8 Unit(s) Cardamom
- 0.50 Unit(s) Lemon
- 8 Unit(s) Fresh apricot

#### Finish

- 1 Unit(s) Lime zest(s)

### Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **420 F°**

#### Puff pastry

Take a sheet of puff pastry and cut it in half across its width.

Taking the first half, cut a 1.5 cm strip from each side. Using a fork (or quick rolling pin), prick the wider strip over its entire surface.

Place on a baking sheet lined with parchment paper.

Using a brush and a little water, brush each side of the wider strip and overlap one of the two strips you've just cut on each edge.

Using the back of a paring knife, score the edge of the strip along its entire length (Chiqueter).

Repeat with the other half of the puff pastry.

Whisk together an egg and a tablespoon of water to make the gilding. Using a brush, brush the puff

pastry without excess.

Add a decorative finish with your paring knife if desired.

Place the tray in the freezer for 30 minutes. Once out of the freezer, place the baking sheet with the puff pastry strips in a hot oven for approximately 20 to 25 minutes (five minutes before the end, sprinkle with powdered sugar and finish baking).

Leave to cool on the counter.

Your baked puff pastry looks like a sidewalk, a central corridor with two raised edges.

### Light cream

Whip the cream, then set aside in the fridge.

Heat the milk in a saucepan. In a bowl, whisk the yolks with the sugar. Add the cornstarch. Pour the hot milk into the bowl, whisking rapidly, then return the mixture to the saucepan and thicken, whisking continuously, ensuring a gentle boil for at least a minute. Remove from the heat and add the butter. Place the crème pâtissière on a baking sheet with a saran wrap around it, and set aside in the fridge until chilled.

Once chilled, whip the crème pâtissière to a smooth consistency (.....) using a plastic spatula. Fold in the whipped cream (refrigerated).

Fill a pastry bag fitted with a plain tip.

### syrup marinade

#### **Apricot mumps**

Cut the apricot in half, remove the stone and obtain two oreillons.

#### **Marinade**

To make a syrup, bring the sugar and water to the boil, remove from the heat and add the lemon zest and crushed cardamom. Dip the apricot halves in the syrup and cover with baking paper. Leave to cool completely in the fridge.

Drain the apricot halves, reserving the syrup from the marinade. Place on a paper towel to dry slightly.

### Assembly

In the center of the sidewalk along its entire length, place pretty boudins of light cream. Once you've completed the center, place the apricot aurillons on top of each other.

Brush lightly with cardamom marinade.

Finish with lime zest all over the sidewalk.

### **Bon appétit!**