

NOROHY

- VANILLE AUDACIEUSE & ENGAGÉE -

VANILLA & STRAWBERRY TARTLET

BY THE FRENCH PÂTISSIER

MAKES SIX 8CM TARTLETS

EQUIPMENT

Whisk	Pastry brush
Spatula	Set of scales
Pastry spatula	Probe thermometer
Mixing bowl	Piping bags
Paring knife	Parchment paper
Rolling pin	1 Silikomart 3cm half-sphere mold
Immersion blender	1 Silikomart Globe mold
Saucepan	6 round 8cm tartlet rings
Mixer or food processor	1 Silikomart Mini Dots mold



OPTIONAL

Two 2mm thick rulers	Micro-perforated mat
Grater (Microplane®) or sieve	Silicone mat (28×38cm)
Set of smooth round cutters	with raised edges
Micro-perforated tray	

MAKES SIX 8CM TARTLETS



VANILLA-FLAVORED SWEET PASTRY

INGREDIENTS

Butter (room temperature)	60g
Confectioner's sugar	40g
Almond flour.....	17g
Salt.....	0.5g
Egg (room temperature).....	25g
All-purpose white flour	120g
Vanilla extract (optional)	1g

To give you every chance of getting your pastry just right, we strongly encourage taking a look at our sweet pastry information before you start this recipe.

Cream the butter and confectioner's sugar using the paddle attachment of a food processor.

Add in the almond flour, salt and, finally, the egg and vanilla extract while continuing to mix at medium speed. At this stage, the mixture will still be separated.

Add the flour in one go.

Mix until all the ingredients are fully combined together.

Place the dough on the work surface and rub it together with your hands until the dough is homogeneous.

As soon as it is homogeneous, **stop** working it to avoid activating the gluten. This way, it will retain its qualities and crumbly texture.

Spread out the dough to a depth of 2mm between two sheets of parchment paper. For perfect results, use two 2mm thick rulers (you will find these in hardware stores).

Leave it to set in the refrigerator.

Lightly **grease** the tartlet rings. A thin layer is enough - you do not want any pieces of butter stuck to the ring.

Cut out six tart crusts to the same size as the tartlet rings.

Using a ruler and a sharp knife, **make** some strips of pastry which are a little wider than the rings' depth.

Place each of the tart crusts on the baking mat (which should be perforated if possible), and place the mat on an (also ideally perforated) baking sheet.

Place a tart ring on each base.

Add a strip to each of the pastry bases.

Trim the excess dough from the rings.

Freeze the raw tart crusts for 10 minutes to ensure that they do not move during baking.

Once this is done, **preheat** the oven to 300°F (150°C). The tart crusts will go on the middle shelf.

Bake the tart crusts for 20 minutes.

Chef's tip: If the crusts' edges aren't quite right after you have blind-baked them, gently grate them with a Microplane® or a sieve.

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GLAZE

INGREDIENTS

Egg yolk	20g
Cream	5g

As well as creating an attractive finish, the glaze seals the dough from the moisture in the different fillings.

Mix the yolks and cream.

Use the brush to **apply** a thin layer of this mixture on the pre-baked, cooled and turned-out tart crusts.

Bake the glazed tart crusts again for 10 minutes at 300°F (150°C).



ALMOND & VANILLA SOFT SPONGE WITH FRESH STRAWBERRIES

INGREDIENTS

Butter.....	26g
Almond flour.....	166g
Confectioner's sugar	120g
Eggs	200g
Vanilla extract.....	8g
Egg whites	120g
Sugar.....	40g
All-purpose flour	40g
Fresh strawberries	250g

Preheat the oven to 320°F (160°C) using the fan setting.

Melt the butter and set it aside at room temperature.

Combine the almond flour, confectioner's sugar, eggs and vanilla extract in a mixing bowl. **Whisk** until the mixture is homogeneous.

Beat the room-temperature egg whites in the bowl of a food processor at medium

speed. When the whites become frothy, stir in about a third of the sugar.

Add the rest of the sugar in two stages until the texture is supple. Do not make the whites too stiff or they will struggle to incorporate into the first mixture.

Using a spatula, **fold** a third of the beaten egg whites into the first mixture.

Then **add** the rest of the egg whites in two stages, again folding them in gently using a spatula.

Add the sifted flour then the cooled melted butter.

Spread the mixture onto a 28×38cm greased silicone mat with raised edges (or a smooth silicone mat) to a depth of approx. 8mm.

Sprinkle with fresh strawberry slices.

Cook for approx. 12 to 15 minutes until the sponge is golden brown. The sponge must stay very moist.

MAKES SIX 8CM TARTLETS

Set aside your sponge on a rack. Once it has cooled, place a sheet of parchment paper (or a silicone mat) on the sponge and turn it over. Gently peel off the first baking mat.

Cut the sponge into pieces using a 7cm round cutter.

Cover their surface with plastic wrap and store them in the refrigerator or freezer until you are ready to use them.



STRAWBERRY CONFIT

INGREDIENTS

Very ripe strawberries (or 100g strawberry purée + 100g fresh strawberries)200g
Lemon juice 10g
Sugar..... 20g
Pectin NH glaze 4g

Pour the strawberries and lemon juice into a large saucepan and cook them over a medium heat for 4 to 5 minutes.

Mix the sugar and pectin together.

When the strawberries have started producing juice and breaking up, take them off the heat and **sift** on the dry ingredients, stirring thoroughly so there are no lumps.

Bring the mixture to a boil over a low heat.
Note: Confit tends to stick to the bottom of the pan, so be sure to stir it almost continuously or you can be sure it will burn! If making large quantities, cook until it reaches 220°F (104°C).

For smaller amounts, use the cold plate method to see if your confit has set (you will know it well if you have made jams at home). To do this, put a plate in the fridge. To check your confit's consistency, pour half a teaspoon onto the plate once it is cold and hold it vertically. If the confit is very viscous, it is a good consistency. If it runs down too fast, it will have a liquid consistency when cool.

Place the confit in a mixing bowl.

Blend it using an immersion blender if you want it to have a uniform texture.

Pour the confit into 3cm half-sphere molds (you need 1 half-sphere per tartlet).

Smooth the half-spheres' surface using a pastry spatula and freeze for at least 6 hours.

Cover the remaining confit with plastic wrap and store it in the refrigerator until completely cooled (approx. 3 hours).

MAKES SIX 8CM TARTLETS

When you are ready to use it, **smooth** the confit's texture with a whisk.

BASIL CRÉMEUX

INGREDIENTS

Milk	80g
Full-fat cream	80g
Fresh basil.....	7g
Egg yolks	50g
Sugar.....	20g
Gelatin powder.....	4g
Cold water	24g

The day before serving, **boil** the milk and cream.

Roughly chop the basil and pour it into the pan once it is off the heat.

Leave to infuse overnight in the refrigerator with a lid on the pan.

On the day of serving, **soak** the gelatin in cold water.

Mix the egg yolk and sugar.

Reheat the milk, cream and basil mixture, then blend it using an immersion blender.

FROMAGE BLANC & VANILLA MOUSSE

INGREDIENTS

Gelatin powder	4g
Cold water (1).....	24g
Egg yolks	40g
Madagascan vanilla bean.....	1



Strain, recovering as much liquid as possible.

Pour the liquids into the yolk and sugar mixture, whisking continuously so as not to cook the yolks.

Pour all the ingredients back into the pan and cook slowly over a low heat like you would a custard so it reaches 185°F (85°C) and coats the back of a spoon.

Take the pan off the heat and **add** the drained gelatin.

Mix using an immersion blender.

Place it in a container and cover it with film.

Leave it in the refrigerator until it has set completely (at least 3 hours).

When you are ready to use it, **smooth** the crèmeux with a whisk.

Vanilla extract (optional).....	5g
Sugar.....	80g
Water (2)	28g
40% fat fromage blanc or	
Greek yogurt	200g
Full-fat cream	320g

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Hydrate the gelatin in the water (1) for 10 minutes.

Beat the cold cream until it has a supple texture (so it forms soft peaks but no stiffer).

Put the water, sugar, scraped vanilla bean and vanilla extract into a saucepan.

Cook at 250°F (120°C).

In the meantime, **blanch** the egg yolks using the whisk attachment of a stand mixer at maximum speed.

When the syrup is at temperature, **reduce** the food processor's speed so you can drizzle the syrup onto the yolks, then increase the speed again.

Melt the hydrated gelatin in the microwave.

Once the spray gun mix is warm, **add** the melted gelatin and continue to whisk until it is completely cool.

Pour the *pâte-à-bombe* mix onto the from-age blanc and gently fold it in with a spatula so the mixture retains its air.

Add the whipped cream in two stages and again use a spatula to fold it in. It is normal for the mousse to have a very supple, almost liquid texture; it will set in the refrigerator thanks to the gelatin.



Chef's tip:

To enhance the vanilla's flavor, infuse the scraped vanilla bean in the chilled cream for 24 hours. Remove the bean before whipping the cream.

You can also add vanilla extract, or even use two beans instead of one for an extra indulgent experience!

VANILLA GEL

INGREDIENTS

Water.....	200g
Vanilla extract.....	2g
Sugar.....	40g
Pectin NH.....	7g
Lemon juice	4g

Heat the water and vanilla extract in a saucepan.

Mix the sugar and pectin together.

MAKES SIX 8CM TARTLETS

When the water starts to warm up (to approx. 120°F or 50°C), **sprinkle** the sugar and pectin mixture onto it, whisking all the while. Bring to a boil.

Take the pan off the heat and **mix** in the lemon juice.

Leave to cool, then store in the refrigerator covered with plastic wrap.

Heat to approx. 105°F (40°C) before use.

Blend again using an immersion blender, taking care not to incorporate any air bubbles.



STRAWBERRY MIRROR GLAZE

INGREDIENTS

Sugar.....	100g
Glucose syrup	100g
Strawberry purée	65g
Heavy cream 36%.....	55g
VALRHONA Strawberry Inspiration	100g
Gelatin powder.....	8g
Cold water	48g

Hydrate the gelatin in the cold water for 10 minutes.

Pour the sugar, glucose and strawberry purée into a saucepan and bring it to a rolling boil (if making a large quantity, heat it to 217°F or 103°C).

Pour the Strawberry Inspiration and cream into a large, narrow and tall measuring glass.

Pour the syrup heated to 217°F (103°C) onto the chocolate and cream, then add the gelatin.

Mix using an immersion blender to obtain a perfect emulsion, making sure no air bubbles form.

Seal the surface with plastic wrap and store in the refrigerator.

When you are ready to use it, **reheat** the glaze to 82°F (28°C) (see below for more information about how to do this).

Blend again using an immersion blender, taking care not to incorporate any air.

Chef's tip: You can also pour this glaze onto a dessert. In this case, heat it to 90°F (32°C).

MAKES SIX 8CM TARTLETS

VANILLA GEL

INGREDIENTS

Water.....	200g
Vanilla extract.....	2g
Sugar.....	40g
Pectin NH.....	7g
Lemon juice.....	4g

Heat the water and vanilla extract in a saucepan.

Mix the sugar and pectin together.

When the water starts to warm up (to approx. 120°F or 50°C), **sprinkle** the sugar and pectin mixture onto it, whisking all the while. Bring to a boil.

Take the pan off the heat and **mix** in the lemon juice.

Leave to cool, then store in the refrigerator covered with plastic wrap.

Heat to approx. 105°F (40°C) before use.

Blend again using an immersion blender, taking care not to incorporate any air bubbles.



BLEND

ASSEMBLING THE DOME

Soften the basil crèmeux using a whisk.

Fill the globe molds three-quarters full with basil crèmeux.

Knock the molds against the work surface to remove any bubbles.

Add the half-sphere of frozen strawberry confit into the middle of the crèmeux and use a pastry spatula to smooth the crèmeux completely.

Store the assembly in the freezer until

it has completely frozen (6 hours minimum).

Make the fromage blanc mousse.

Fill the "Mini Dots" molds so they are three-quarters full of fromage blanc mousse.

Tap on the mold to get rid of any air bubbles.

Run a toothpick or the tip of a knife along the groove in the small cavity so that the whipped ganache sits snugly against the mold.

Arrange the frozen crèmeux and confit insert in the middle of the mousse.

Smooth using a pastry spatula.

Store the assembly in the freezer until it has completely frozen (6 hours minimum).

Store any excess mousse in the refrigerator in containers covered with plastic wrap, or in glasses. Alternatively, you can mold and freeze it for later use.

Important: After assembly, normally you will have lots of mousse left over. It's very difficult to make a *pâte-à-bombe* using smaller amounts. Feel free to use it in another dessert or eat it with fresh fruit!

ASSEMBLING THE TARTLET

Almond flakes as needed

100g fresh strawberries

Arrange a dab of confit in the base of the tartlet.

Put in place a sponge disk, pressing down gently.

Use a piping bag to **pipe** a thin layer of basil crèmeux onto the sponge.

Using another piping bag without a nozzle, **add** a layer of strawberry confit so the tartlet case is completely filled.

Smooth using a pastry spatula.

Heat the mirror glaze to 82°F (28°C). Blend using an immersion blender, taking care not to make any air bubbles.

Turn out the vanilla and fromage blanc mousse domes and prick them with a toothpick. Make sure they are not icy, as this would prevent the glaze from adhering to the dome.

Dip them gently into the glaze, being careful not to get any in the central hole.

Wipe away any excess glaze on some parchment paper.

Place the domes on the tartlets, then remove the toothpicks.

(Another way of glazing the domes is to place them on a wire rack and protect the central hole using a cutter covered in plastic wrap. Pour the glaze around the cutter before taking it away.)

Add some almond slivers around the edge of the tartlet.

Cut the strawberries into thin slices (approx. 2mm) and place them side by side on a plate.

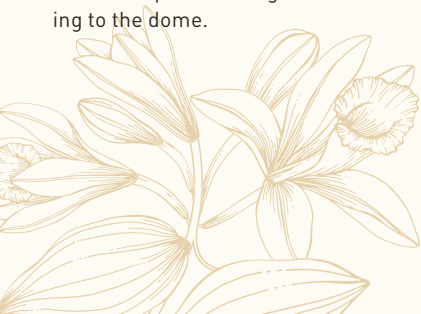
Using a 4cm cutter (the same size as the cavity of the Mini Dots molds), **cut** the strawberries into circles.

Place the strawberries in the hole in the mousse.

Use a piping bag without a nozzle to **apply** some vanilla gel to the strawberries.

Leave to defrost for 3 hours in the refrigerator.

Take the tartlets out of the fridge 15 minutes before serving.



STORAGE CONDITIONS

VANILLA-FLAVORED SWEET PASTRY

Can be stored **uncooked**, rolled into a ball, rolled out or in tart cases, **in the freezer** for several weeks.

Can be stored **baked in the freezer** for several weeks.

Can be stored **baked at room temperature** for one week.

STRAWBERRY & VANILLA MOIST SPONGE

Can be stored for 4 days **baked**, covered with plastic wrap, **in the refrigerator**.

Can be stored for several months, **baked** and covered with plastic wrap, in the freezer.

STRAWBERRY CONFIT

Can be stored for 72 hours **in the refrigerator**.

Can be stored for several weeks **in the freezer**.

BASIL CRÉMEUX

Can be stored for 48 hours **in the refrigerator**.

Can be stored for several weeks **in the freezer**.

VANILLA & FROMAGE BLANC MOUSSE

Can be stored for 72 hours **in the refrigerator** and served in glasses or with fruit.

VANILLA GEL

Can be stored for 10 days **in the refrigerator** covered with plastic wrap.

Can be stored for several months **in the freezer**.

STRAWBERRY GLAZE

Can be stored for 10 days **in the refrigerator** covered with plastic wrap.

Can be stored for several months **in the freezer**.

FINISHED TARTLET

Can be stored for 48 hours **in the refrigerator**.

Best if consumed within 12 hours of assembly.





WHO IS THE FRENCH PÂTISSIER?

The man behind The French Pâtissier is Mehdi, a Lyon native who has made his passion for pastry-making and sharing experiences with others his vocation. He is a scientist by training, and it was while doing his doctorate in astrophysics that Mehdi started making pastries and discovered his passion. Finally, he decided to swap his astrophysicist's hat for a pastry chef's by training in top establishments alongside renowned chefs such as Cédric Grolet, Cyril Lignac and Maxime Frédéric.

Endowed with an unstoppable creativity and driven by a determination to pass on his knowledge and start a conversation with other passionate people, Mehdi decided to create his blog, thefrenchpatisserie.com, where he shares his tips and innovative creations. Since then, his career plans have grown to encompass an ambition to bring pastry to life by sharing with people and awakening their senses.