

A French Pâtisserie Icon: The Best Homemade Paris-Brest Recipe

This Paris-Brest recipe stands out for several reasons:



OVEN
400°F

TIME
30 min

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INGREDIENTS

- 1 cup water
- 1/2 cup unsalted butter
- 1 cup all-purpose flour
- 4 large eggs
- 1/2 cup almond flour
- 1 cup heavy cream
- 1/2 cup powdered sugar
- 1/4 cup praline paste (optional)
- Pinch of salt

DIRECTIONS

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a saucepan, combine water, butter, and salt. Bring to a boil over medium heat.
3. Once boiling, remove from heat and stir in the flour until a dough forms. Return to low heat for 1-2 minutes to dry out the dough slightly.
4. Transfer the dough to a mixing bowl and let it cool for a few minutes. Then, add the eggs one at a time, mixing well after each addition until smooth.
5. Using a piping bag, pipe a large ring onto the prepared baking sheet, making sure to create a thick border.
6. Bake for 25-30 minutes until golden brown and puffed. Let cool completely.
7. In a separate bowl, whip the heavy cream with powdered sugar until soft peaks form. Fold in the praline paste if using.
8. Once the pastry is cool, slice it in half horizontally and fill with the cream mixture. Replace the top and dust with powdered sugar before serving.

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