



Rico's Flocons de Neige

YIELDS ABOUT 16

By Rico Zandonella,
from the restaurant „Rico's“ in Küsnacht



INGREDIENTS FOR THE SHORT PASTRY

- 80 g sugar
- 80 g white flour
- 60 g butter

Preparation: Knead the flour, butter and sugar into a smooth dough. Place the dough between two sheets of baking paper and roll it to a thickness of about 2 mm. Let it sit in the refrigerator for 30 minutes.

INGREDIENTS FOR THE PÂTE À CHOUX (PUFF PASTRY)

- 205 g water
- 150 g butter
- 140 g flour
- 4 eggs
- 60 g egg white
- 1 g salt

Preparation: Bring water, butter and salt to a boil, then lower the heat. Add the flour all at once, use a ladle to stir for about two minutes until a smooth lump of dough forms and separates from the bottom of the saucepan. Take the saucepan off the stove. Mix in the eggs incrementally using the dough hook mixer attachment; make sure the batter is soft but not runny. Fill the batter into a piping bag with a smooth nozzle (about 16 mm in diameter).

Pipe 16 small mounds onto a cookie sheet lined with baking paper, leaving plenty of space between them. Cut out 16 discs (about 4 cm in diameter) from the short pastry and place one each on the puff pastry mounds.

BAKE

Preheat your oven to 180° centigrade (convection mode), put in the cookie sheet in a central position, and bake for about 30 minutes. Do not open the oven door at any time! After switching off the oven, open the oven door just a crack, and let the pastry dry for about 15 minutes. Take the pastry out of the oven and leave to cool on a wire rack.

INGREDIENTS FOR CREAM FILLING

- 5 egg yolks
- 125 g sugar
- ½ sachet of vanilla sugar
- 40 g corn starch
- 500 g milk
- 1 vanilla pod, scraped pulp and pod

Preparation: Put egg yolks, sugar and vanilla sugar into a bowl, and stir thoroughly. Add corn starch and one fifth of the milk, using a whisk. Bring the remaining quantity of milk together with the vanilla pulp and pod to a boil. Remove the vanilla pod.

Pour the vanilla milk into the egg batter while stirring the batter with the whisk. Pour the batter into the saucepan.

Keep stirring the batter while bringing it to a boil. As soon as the cream starts to thicken, take it off the stove and keep stirring it for half a minute. Pour it into a bowl. Cover the cream with cling film, and leave to cool.

Pour the filling cream into a piping bag, and fill the cooled-off puff pastry mounds. Dust the flocons de neige with powdered sugar and serve them at once. *Bon appétit!*