



PÂTISSERIE WITH PERUVIAN FRUIT PUREES

BLUEBERRY CHOUX

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BLUEBERRY PUREE: 1 KG

LEMON PUREE: 1 KG

- NO ADDED SUGAR
- 100 % FRUIT
- NO PRESERVATIVES



Peru is recognized worldwide as the leading exporter of blueberries, one of the foods with the highest amount of antioxidants per serving. Small and dark blue, it has been described as the fruit of the 21st century.

Drip irrigation is suitable for growing blueberries. These conditions are found in sunny, rain-scarce lands, such as the coastal lands of Pisco, Ica and Pacanga, places where the Pacific Fruit crops originate from.

CHOUX PASTRY

- 579 g Water
- 506 g Whole milk
- 541 g Unsalted butter
- 32 g Granulated sugar
- 16 g Salt
- 541 g Pastry flour
- 800gr Eggs

- Warm in a pan: water, milk, butter, granulated sugar and salt until the butter is completely melted, and the mix comes to a boil.
- Remove the pan from the heat and add the sifted flour until a dough ball is formed.
- Return to the stove and heat evenly until the dough is shiny and a thin film forms at the bottom of the pan.
- Transfer the dough into a mixing bowl to cool down, when the dough reaches 55-60°C add the eggs gradually.
- Put the choux pastry in a piping bag and pipe pieces 14 cm long.
- Bake at 170°C for approximately 35 minutes.

YOGURT CRUMBLE (RECONSTRUCTED)

- 60 g Unsalted butter, chilled
- 1.5 g Salt
- 53 g Granulated sugar
- 53 g Almond powder
- 59 g Pastry flour
- 26 g White chocolate
- 42 g Almond paste
- 7 g Powdered yogurt

- Mix with a paddle beater: chilled butter, salt, granulated sugar, almond powder and flour.
- Stretch between two sheets of waxed paper to a thickness of 0.5 cm. Place in the freezer to stiffen before baking.
- Bake in the oven for 15 minutes at 160°C with the oven fan opened.
- Slightly combine the melted chocolate, almond paste and the warm crumble, add the powdered yogurt and mix.
- Cool on a baking sheet and keep in an airtight container.

CREME PATISSIERE

- 500 g Whole milk
- ½ unid Vanilla pod
- 63 g Granulated sugar
- 120 g Egg yolks
- 63 g Granulated sugar
- 46 g Cornflour

- Bring the milk, vanilla pod and part of the sugar to a boil.
- Mix the egg yolks with the cornflour and the rest of the granulated sugar.
- Gradually add the warm milk to the egg yolk, mix and return to the stove, using a hand whisk to stir, let it boil for one minute.
- Pour the cream onto a bowl and place cling film over the mix.

BLUEBERRY COMPOTE

- 218 g Blueberry puree Pacific Fruit
- 50 g Frozen blueberries
- 113 g Granulated sugar
- 7 g Pectin NH
- 3 g Citric acid

- In a pan, warm the blueberry puree and frozen blueberries with part of the granulated sugar.
- Mix the rest of the granulated sugar with the pectin and add it to the warm mix once it reaches 40°C.
- Heat up to 85°C to hydrate the pectin, once it reaches boiling point add the citric acid.

CHEESE MOUSSE

- 76 g Whole milk
- 19 g Granulated sugar
- 6 g Cornflour
- 5 g Powdered gelatine
- 166 g Cream cheese
- 5 g Lemon zest
- 47 g White chocolate
- 200 g Whipped cream to a yogurt consistency
- 15 g Lemon puree Pacific Fruit
- 150 g Blueberry meringue

- Warm: milk, granulated sugar and cornflour in a pan.
- Pour onto the chocolate and combine.
- Add the cream cheese and mix.
- Add the blueberry meringue, lemon zest and whipped cream.
- Add the lemon puree and combine.
- Fill a silicone mould éclair with the mousse.
- Freeze for 6 hours.



BLUEBERRY MERINGUE

- 12 g Albumin (egg whites)
- 115 g Blueberry puree Pacific Fruit
- 100 g Granulated sugar
- 12 g Lemon puree Pacific Fruit

- Put all the ingredients into a mixer and whisk at medium speed.
- When the meringue is stable remove it from the mixer and set aside.

BLUEBERRY FILLING

- 395 g Blueberry compote
- 198 g Fresh blueberries

- Place the blueberry compote in a piping bag, set aside and reserve with the fresh blueberries until needed.

VELVET

- 200 g White chocolate
- 100 g Lard
- 15 g Vegetable oil
- 5 g Purple liposoluble colour powder

- Melt all the ingredients for 2 minutes in the microwave.
- Once melted, paint the velvet onto the cheese mousse and set aside.
- To achieve the velvet effect, the paint must be at 40°C and the surface of the frozen mousse at -15°C.

MONTAGE

- Cut the top of the eclair and fill with creme pâtissier, the blueberry compote, yogurt crumble, blueberry compote and fresh blueberries.
- Unmould the cheese mousse and make the velvet effect.
- Decorate with fresh blueberries and edible gold leaf.

