



FOU DE
Pâtisserie
65
JULY-AUGUST
2024

FOU DE *Pâtisserie*

Trends • Recipes • Step by step • Inspiration • Technical sheets

**THE
TROPÉZIENNE
MUST-EAT OF THE
SUMMER!**



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- Christophe Appert
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- Bernard Besse
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- Eloi Cabellan
- Benoit Castel
- Philippe Conticini
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- Benoit Couvrand
- Trish Deseine
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- Naraé Kim
- Étienne Leroy
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- Rayonnance
- Manon Smette
- Silamaka Soukouna
- Tapisserie
- La Tarte Tropézienne
- Léandre Vivier

100% FRESHNESS & LOVE OF GOOD FOOD

+ MORE THAN 50 CHEF'S RECIPES

BIOPIC

Étienne Leroy, a world champion at Lenôte

FROM HERE AND ABROAD

Fruit tarts do their little number

MASTERCLASS

Exclusive: Cyril Lignac's apricot entremets

+ CHRISTOPHE ADAM: A BRETON ON THE CHAMPS-ÉLYSÉES - FOCUS ON SUMMER'S FINEST ICE CREAMS - STÉPHANIE LE QUELLEC'S GOURMET DESSERTS - SABLÉ BRETON AND RASPBERRIES AT SILAX - BENOÎT JABOUILLE'S POACHED RHUBARB - TRISH DESEINE'S SWEET RECIPES FOR SUMMER - BLUEBERRIES: CHEFS' FAVORITE LITTLE BLACK BERRY



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Apricot dessert

by Cyril Lignac & Benoit Couvrand

One of the greatest pastry success stories of the decade, this duo of two ultra-complementary chefs continues to inspire and delight the entire sweet world.

Welcome to Pâtisserie Cyril Lignac.

text **Claire Pichon**

portrait **Yann Deret** photographs **Valery Guedes**

In the logistics zone on the banks of the Seine in Saint-Ouen, don't look for the sign: it's nowhere to be seen. The lab of one of France's most famous patisseries operates discreetly. Perhaps this is the recipe for its success? In any case, it's one of the hallmarks of the house: a talented blend of visibility and restraint. On the flip side, the country's most famous gourmet smile, "Cyril", half great chef, half great brother, a brilliant cook who, over the last decade, has propelled the culinary professions onto the silver screen, with pastry in the lead. On the other side, the steady gaze of Benoit Couvrand, brilliant pastry chef, who masterfully manages the day-to-day life of the laboratories.

They now have two laboratories: one in the Paris suburbs, and the other in Saint-Tropez, where two boutiques now bear the Cyril Lignac name. Visitors to the famous port of Var enjoy fresh pastries of the highest quality as they leave the beach. So, on a regular basis, the chefs travel to the South of France to manage the teams and production, before going back up to do the same with the teams based in Paris.

Above all, the two men work tirelessly to design their cakes, which are always remarkably well thought-out and accomplished. This is undoubtedly the real reason for their success: genial gourmet creativity, a keen sense of the taste of the time, and a frighteningly efficient touch. The patisseries created by Cyril and Benoit are irrepressible war machines: superb, delicious, designed to the millimeter.

On this day in May, when we were able to walk through the doors of their factory, we realized how lucky we were: it's very rare that Benoit Couvrand agrees to disrupt his daily work, which is his absolute priority, with his family. So it was a privilege to witness the making of this refined summer entremets, which will be available for sale in Paris as well as in Saint-Tropez - or which you can simply remake at home, thanks to the generous sharing of know-how by Cyril Lignac and Benoit Couvrand. We'd like to thank them all the more warmly for the special bond we have with them: they were part of the Fou de Pâtisserie adventure from the start. A few years on, we're delighted to be back together once again, sharing the same passion that drives us all: the love of good food. Keep this recipe: it's precious!





Apricot Entremets

By Benoit Couvrand and Cyril Lignac (*Pâtisserie Cyril Lignac, Paris, Saint-Tropez*).


FOR
**2 ENTREMETS
OF 6 SLICES**


PREPARATION
2 H 45


COOKING
16 MIN


REST
12 H

**FOR THE HAZELNUT SHORTBREAD
(THE DAY BEFORE)**

90 g soft butter
30 g powdered sugar
60 g T55 flour
60 g hazelnut powder
2 g fine salt

**FOR THE HAZELNUT FINANCIER
(THE DAY BEFORE)**

50 g hazelnut powder
12 g acacia honey
4 g baking powder
2 g fleur de sel
50 g T55 flour
90 g soft butter

90 g egg whites
50 g caster sugar

**FOR THE APRICOT COMPOTE
WITH PIECES (THE DAY BEFORE)**

180 g apricot halves
40 g acacia honey
20 g sugar
8 g pectin NH 325
1 vanilla pod
180 g apricot purée
4 g lemon juice

**FOR THE VANILLA BAVAROISE
(THE DAY BEFORE)**

200 g whole milk
1/2 vanilla pod
30 g egg yolks
50 g sugar
7 gelatin sheets
370 g 35% fat single cream

**FOR THE CANDIED APRICOTS
(THE DAY BEFORE)**

80 g apricot purée (1)
1.5 gelatin sheets
8 g lemon juice
100 g apricot purée (2)
400 g apricot halves

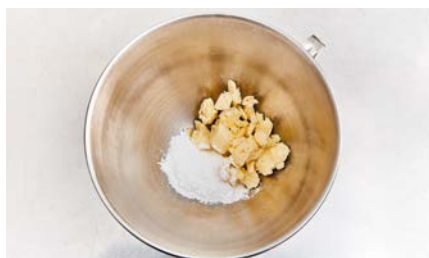
**FOR THE LIGHT VANILLA CREAM
(THE DAY BEFORE)**

30 g white chocolate
1/2 vanilla pod
60 g 35% single cream (1)
1/2 sheet gelatin
65 g single cream 35% (2)

FOR ASSEMBLY (THE DAY BEFORE)

- Orange flocking
- White chocolate disc
- Vanilla topping

A• Hazelnut shortbread (the day before)



1. Place the softened butter and powdered sugar in the bowl of a food processor. Blend with flat beater.



2. Then add the flour, hazelnut powder and salt, sifted together.



3. Finish mixing.



4. Roll out the pastry to a thickness of 4 mm.



5. Cut into 13 cm discs.



6. Bake at 160°C for 8 min. The shortbread should be lightly cooked, but not colored.

B• The hazelnut financier (the day before)



7. Heat the butter until lightly browned and nutty-smelling.



8. Strain through a colander.



9. Add the honey and leave to cool, but not too much (you don't want it to set).



10. Using a mixer, beat the egg whites until stiff, adding the sugar in three batches.



11. In a bowl, sift together the hazelnut powder, baking powder, fleur de sel and the hazelnuts.



12. Once the butter has cooled, add it to the mixture.



13. Finally, add the stiffly beaten egg whites.



14. At first, whisk to homogenize the mass.



15. Continue gently with a rubber spatula.



16. Pipe the financier in the mould, on top of the shortbread.



17. Bake at 160 °C for 8 min. The financier should be evenly colored.

C• Apricot compote with chunks (the day before)



18. In a saucepan over medium heat, heat together the apricot purée, honey and vanilla pod.



19. When the mixture reaches 45°C, add the pectin mixed with sugar and whisk to avoid lumps until boiling, then cook for 3 min.



20. Then add the apricot halves, and continue cooking for 3 min, whisking to allow them to soften.



21. Remove from the heat, add the lemon juice and stir.



22. Chill in the fridge for 2 h. Thin the compote before use.

D• The vanilla bavaroise (the day before)



23. In a saucepan, heat the milk with the scraped vanilla pod. When it boils, cover with cling film and leave to infuse for 10 min.



24. In a bowl, whisk together the egg yolks and sugar until the mixture whitens.



25. Once the vanilla has infused, return the milk to the boil and pour over the yolk and sugar mixture.



26. Whisk, then return to the pan to cook.



27. Cook the custard at 85°C, until the mixture thickens slightly.



28. Remove from heat and add the rehydrated gelatine sheets. Cool to 24°C.



29. At the same time, whip the cream with a mixer, keeping the texture supple.



30. Once the custard has cooled, gently fold in the cream using a rubber spatula.



31. You should obtain a smooth mousse.

E• Candied apricots (the day before)



32. Heat the apricot purée (1).



33. Remove from heat and add the gelatine rehydrated and wrung out sheets.



34. Add the lemon juice.



35. Add the apricot purée (2) and blend. Leave to cool completely.



36. Cut the apricots into halves, then into 1 cm cubes.



37. Thin the apricot confit, and gently add the diced apricots.

F• Light vanilla cream (the day before)



38. Heat the first part of the single cream with the vanilla.



39. Remove from the heat and add the rehydrated gelatine sheet, squeezed dry.



40. Pour over the white chocolate (previously melted in the microwave) in three batches.



41. Then add the second part of the cold cream.



42. Blend and leave to cool overnight before use.

G• The assembly (the day before)



43. Pour 3/4 of the vanilla Bavarian mousse into a 16 cm-diameter, 3.5 cm-high mold with a hollow in the center, and line the sides with a spatula.



44. Place 170 g of apricot compote evenly in the center of the mousse.



45. Add the shortbread and financier base, placing the side of the financier against the mousse.



46. Press lightly on the base to level it with the edge of the mold.



47. If necessary, add Bavarian mousse and smooth. Place in the freezer overnight.



48. Once frozen, remove from the mold and turn over.



49. Heat the apricot velvet flock to 35°C and spray the entremets using a spray gun.



50. Leave the entremets to defrost, then finish the decoration by adding the apricot confit d'abricots.



51. Using a mixer, whip the light vanilla cream until it resembles whipped cream.



52. Use a saint-honoré nozzle to pipe the cream around the apricot confit.



53. Place a disc of openwork white chocolate on top.



54. Decorate with a few dots of vanilla topping.