

MONOPORTION BELLE HÉLÈNE

chef Intermediate level

- Short-pastry recipe:

INGREDIENTS

TOP FROLLA

unsalted butter 82% fat

sugar

egg yolk

BURRO DI CACAO

PREPARATION

1.000g Knead all the ingredients in a planetary mixer equipped with a paddle, until 500g obtaining a well-blended dough. Place in the refrigerator for at least one 100g hour. Roll out the short-pastry with a sheeter to a layer of 2-3 mm. Make 100g some monoportion tarts and bake at 180°C for 10-12 minutes. Once cooled, qb spread a little quantity of tempered white chocolate or cocoa butter inside the tart in order to make it waterproof.

- Short-pastry recipe:

INGREDIENTS

SINFONIA CIOCCOLATO AL LATTE 38%

milk

glucose

liquid cream 35% fat

LILLY NEUTRO

JOYPASTE NOCCIOLA PIEMONTE

PREPARATION

275g Knead all the ingredients in a planetary mixer equipped with a paddle, until 150g obtaining a well-blended dough. Place in the refrigerator for at least one 7,5g hour. Roll out the short-pastry with a sheeter to a layer of 2-3 mm. Make 300g some monoportion tarts and bake at 180°C for 10-12 minutes. Once cooled, 25g spread a little quantity of tempered white chocolate or cocoa butter inside 80g the tart in order to make it waterproof.

- Short-pastry recipe:

INGREDIENTS

FRUTTIDOR PERA

water

LILLY NEUTRO

PREPARATION

400g Knead all the ingredients in a planetary mixer equipped with a paddle, until 100g obtaining a well-blended dough. Place in the refrigerator for at least one 100g hour. Roll out the short-pastry with a sheeter to a layer of 2-3 mm. Make some monoportion tarts and bake at 180°C for 10-12 minutes. Once cooled, spread a little quantity of tempered white chocolate or cocoa butter inside the tart in order to make it waterproof.