



— JEFFREY CAGNES —

# OLD-FASHIONED RELIGIEUSE

EXPERT MASTERCLASS





## TECHNICAL DESCRIPTION

### TOTAL COMPLETION TIME

12 hours 20 minutes

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1 hour 10 minutes

### BAKING TIME

40 minutes

### REST PERIOD

12 hours

### INGREDIENTS

Serves 10 persons:

- 17,6 oz of whipping cream (500 g)
- 3,5 oz of milk chocolate (100 g)
- 16,9 liquid oz of milk (500 ml)
- 3,9 oz of egg yolks (110 g)
- 34 oz of sugar (680 g)
- 10,6 of dark chocolate (300 g)
- 5,1 oz of cocoa paste (145 g)
- 13,5 liquid oz of water (400 ml)
- 13,4 oz of butter (380 g)
- 14,5 oz of flour (410 g)
- 17,6 of eggs (500 g)
- 0,25 oz of salt (7 g)
- 1,7 oz of confectioner's sugar (50 g)
- 0,7 oz of cocoa (20 g)
- 2,5 oz of almond powder (70 g)
- 14,1 oz of fondant (400 g)
- 4,9 oz of glucose (140 g)

### SPECIFIC UTENSILS

- Thermometer
- 4 piping bags
- Large fluted tip (PF16, E8, F8,...)
- 10 mm and 8 mm Plain tip
- Pointed nozzle
- Fine fluted tip
- Rolling pin
- Perforated silicon baking mat
- Ø 6 cm, 8 cm, 10 cm and 12 cm round cutters
- Empty glass bottle
- Serrated knife



## STEP 1 – MILK CHOCOLATE CHANTILLY

### INGREDIENTS

- 8,8 oz of whipping cream (250 g)
- 3,5 oz of milk chocolate (100 g)

### CHEF TIPS

- Using a Maryse, scrape the bottom of the pan to check if the mix is homogeneous.

In a pan, over high heat, bring the whipping cream to the boil.

Away from the heat, add the chunks of milk chocolate. Mix with a whisk until obtaining a homogeneous mixture.

Place the milk chocolate Chantilly in a round-bottomed mixing bowl, cover with film wrap to ensure contact.

Refrigerate at 39° F (+4° C) for at least 12 hours.



## STEP 2 – CHOCOLATE CRÉMEUX

Put the whipping cream, the milk and half of the sugar in a pan.

Mix with a whisk and bring to the boil.

Add the other half of the sugar to the egg yolks and whisk until white and foamy.

Once the liquids are brought to the boil, pour half of the mixture on top of the egg yolks and sugar, mix with a whisk then add it to the rest of the milk and cream mixture.

Over medium heat, cook the mixture while continuing to mix with a whisk until getting a custard. The cream is cooked once it reaches a temperature of 180° F (82° C).

Remove the cream from the heat and let it cool by placing it in a round-bottomed mixing bowl.

Add the dark chocolate and the cocoa paste, mix with a whisk until obtaining a homogenous ganache.

With a hand immersion blender, smooth out the texture but make sure to not incorporate any air bubbles.

Cover with film wrap to ensure contact and refrigerate for at least 4 hours at 39° F (+4° C).

### INGREDIENTS

- 8,8 oz of whipping cream (250 g)
- 8,8 liquid oz of milk (250 ml)
- 3,2 oz egg yolks (90 g)
- 2,6 oz of sugar (75 g)
- 10,6 oz of dark chocolate (300 g)
- 0,9 oz of cocoa paste (25 g)

### CHEF TIPS

- An egg yolk weighs about 20 g.
- Cocoa paste is an unsweetened dark chocolate. It is possible to substitute it for a dark chocolate with a high percentage of cocoa.
- Add half of the sugar to the milk & cream mixture to prevent it from burning.
- If you do not have a thermometer, a few things indicate that the custard is satisfactorily cooked: there are no more bubbles on its surface, it moves more slowly in the pan and it coats the spatula.

## STEP 3 – CHOUX PASTRY

### INGREDIENTS

- 8,8 liquid oz of water (250 ml)
- 8,8 liquid oz of milk (250 ml)
- 8,8 oz of butter (250 g)
- 10,6 oz of flour (300 g)
- 17,6 oz of eggs (500 g)
- 0,2 oz of salt (6 g)
- 1,1 oz of sugar (30 g)

### CHEF TIPS

- Milk gives the choux pastry dough a softer consistency.
- The panade is well-cooked once it does not stick to the bowl and is not runny.
- When you lift the spatula, the choux pastry must have a ribbon texture. If you run your finger or place the spatula at the bottom of the mixing bowl, the choux pastry should be firm enough to hold itself.
- Fill the piping bag half way with the choux pastry, it is easier to pipe it out this way.
- When piping out ("couchage") the éclair, hold your breath for a more precise and more constant movement.
- Do not open the oven door while the choux pastry is baking: keeping a constant level of humidity is crucial and allow the dough to expand. Heat is what gives the dough its firmness.
- Baked choux pastry can be kept in the freezer. Once taken out of the freezer, it should be placed for a brief moment in the oven.

Preheat the oven to 320° F (160° C).

In a pan, melt the butter with the milk and water and bring to the boil.

Away from the heat, add the flour in one go and, using a spatula, mix until obtaining a homogeneous dough. The end result is a dough called "panade". In order to get the optimal texture, cook it again over low heat in order to dry it out a little more, while continuing to mix it until the panade does not stick to the bowl.

Put the panade in a round-bottomed mixing bowl and keep on mixing it with a spatula for another few minutes. Add the eggs that have been beat beforehand, gradually, while mixing with the spatula.

Each time the texture becomes homogeneous, add more eggs, until getting the right texture.

Fill a piping bag, fitted with a large fluted tip (PF16, E8, F8, ...), with the choux pastry.

Prepare two baking trays that have been greased and wiped beforehand.

Pipe out ("coucher") 10 medium-sized elongated eclairs, measuring about 7 cm in length and pipe out one large chou.

Fill a piping bag fitted with a 10 mm plain tip and pipe out one small chou.

On the second baking tray, pipe out 10 large elongated eclairs, measuring about 12 cm in length.

Just to be on the safe side, you may want to pipe out a few more eclairs and choux.

Bake for 40 minutes at 320° F (160° C) in a ventilated oven. The eclairs are baked when they are fully puffed-up, golden and hold their shape.



## STEP 4 – SWEET CHOCOLATE DOUGH

Preheat the oven to 320° F (160° C).

In the bowl of the mixer fitted with a flat beater attachment, add the flour, the almond powder, the confectioner's sugar, the salt, the cocoa powder and the butter.

At medium speed and using a flat beater, mix the ingredients in order to make a sablage, which consists of mixing the dry ingredients and the butter until obtaining a sandy texture.

Add the egg yolks and briefly return to the mixer with the flat beater in order to get a very homogeneous dough.

Dust the countertop and place the dough ball on it. Slightly flatten it and shape it into a square.

Place the dough between two sheets of parchment paper that have been dusted with flour then, using a rolling pin, roll out the dough along its width and length.

Using the round cutters, cut out 4 discs measuring 6, 8, 10 and 12 cm in diameter.

Lay them gently on a baking tray on top of which a perforated silicon baking mat has been placed.

Bake in a ventilated oven at 320° F (160° C) during 15 minutes.

### INGREDIENTS

- 3,9 oz of flour (110 g)
- 1,7 oz of confectioner's sugar (50 g)
- 0,7 oz of cocoa (20 g)
- 2,5 oz of almond powder (70 g)
- 4,6 oz of butter (130 g)
- 0,7 oz of egg yolks (20 g)
- 1 pinch of salt

### CHEF TIPS

- The flat beater is the attachment that allows to mix ingredients without incorporating any air, which is perfect when making a sablage.
- The "sablage" is when dry ingredients are mixed with butter until obtaining a sandy texture.
- Do not overmix the sweet dough and do not give it too much body. Kneading the dough would allow the gluten to give elasticity to the dough.
- The excess dough may be kept in the freezer and be used at a later time: chocolate pie shell, shortbread cookies, etc.
- Do not rely on the color of the dough to determine whether the dough is baked or not because the color of the dough is biased by its cocoa content.



## STEP 5 – CHOCOLATE ICING

### INGREDIENTS

- 14,1 oz of fondant (400 g)
- 4,2 oz of cocoa paste (120 g)
- 2,6 oz of sugar (75 g)
- 1,8 liquid oz of water (50 ml)
- 0,5 oz of glucose (15 g)

### CHEF TIP

- The tray must be at least the size of an éclair but it should not be too big either, so that there is a sufficient amount of icing at the bottom.
- To darken the color of the fondant, simply add a few drops of red food coloring.

Put the water, the sugar and the glucose in a pan. Let the mixture simmer and make a syrup (a 30° Baume syrup).

Once boiling, lower the heat and add the fondant.

Using a spatula, gently mix to homogenize the texture and allow the fondant to melt.

Away from the heat, continue to mix then add the cocoa paste. Mix until the cocoa mix is partially melted.

Over medium heat, mix until obtaining a homogeneous fondant.

Place in a flat tray or in a microwave-safe container.

Cover with film wrap to ensure contact and keep at room temperature.

## STEP 6 – FILLING THE CHOUX & ECLAIRS

Take out the chocolate crèmeux.

Fill a piping bag, fitted with a 8 mm plain tip, with some chocolate crèmeux.

Place the baked and cold choux and eclairs in front of you. Using a pointed tip, make some holes at the bottom of the pastry pieces: 3 holes for the large eclairs, 2 holes for the medium-sized eclairs and one hole for the choux.

Start by filling the choux: insert the tip in the hole and press to fill with crèmeux. Once the choux start to swell a little bit and once you start feeling a slight resistance, that means the pastry piece is filled. Get rid of the excess crèmeux by scraping the bottom of the choux against the edge of the mixing bowl or by using a small palette knife. Place the choux upside-down with the crèmeux side up.

Then, fill each hole of the eclairs. When filling the last hole, once the crèmeux comes out from another hole, it means the éclair is satisfactorily filled. Remove the excess crèmeux with the edge of the mixing bowl or with a small palette knife.

### CHEF TIPS

- Do not overfill the piping bag with crèmeux, that way it is much easier to use.



## STEP 7 – ICING THE CHOUX & ECLAIRS

### INGREDIENTS

- 8,8 oz of whipping cream (250 g)
- 3,5 oz of milk chocolate (100 g)

### CHEF TIPS

- Use a Maryse and scrape the bottom of the pan to see if the mixture is satisfactorily homogeneous.

In a pan, over high heat, bring the whipping cream to the boil.

Away from the heat, add the chunks of milk chocolate and mix with a whisk until getting a homogeneous texture.

Place the chocolate Chantilly in a round-bottomed mixing bowl and cover with food wrap to ensure contact.

Refrigerate at 39° F (+4° C) for at least 12 hours.



## STEP 8 – CARAMEL & FINALIZING THE CHANTILLY

Choose a pan that is slightly bigger than a large éclair, but not too big. Put the water, the sugar in the pan and start to mix, then add the glucose.

Heat until the caramel gets to a temperature of 311° F (155° C) but do not mix it.

Remove from the heat before using.

Get the milk chocolate Chantilly, beat it with a whisk, by hand or using a mixer, until obtaining a firm Chantilly.

Refrigerate at 39° F (+4° C) until use.

### INGREDIENTS

- 17,6 oz of sugar (500 g)
- 4,4 oz of glucose (125 g)
- 3,5 liquid oz of water (100 ml)

### CHEF TIP

- Do not mix the caramel while it is cooking, it may get gritty, meaning the sugar may start to crystallize.



## STEP 9 – FINAL ASSEMBLY

### CHEF TIPS

- Be careful, never let your skin touch the caramel, it is extremely hot!
- In case of a burn, run the affected area under cold tap water for several minutes. If necessary, consult a physician.
- While assembling the old-fashioned religieuse, check regularly what the religieuse looks like from different angles: from the side, at eye-level and from above. It ensures that the different pieces are aligned and level.
- To move the religieuse, using both thumbs and forefingers, move it while holding both lower sablé discs.

Take the biggest sablé disc and place it on the countertop, in front of you. Place an empty water bottle at the center of the disc. For starters, take one large éclair, dip its rounded base in the caramel and place it on the sablé, against the bottle. Check that it is straight.

Be careful, never touch the caramel because it is extremely hot!

Then, take another large éclair, dip one of its side in the caramel and affix it against the first éclair. Repeat this step until you have gone around the bottle. Make sure the éclairs are standing straight up and are stuck correctly one against another. At the half mark, you may take out the bottle. To insert the last éclair, use a serrated knife and remove some dough from the first éclair in order to fit the last éclair.

Once the last éclair has been affixed and placed, pour a little bit of caramel down the side that was left uncovered. If needed, reheat the caramel during the assembly or place it over very low heat.

Once the base for the first level is done, use a serrated knife and remove the pointed ends of the large éclairs in order to have a level foundation before placing the second sablé disc. Prepare the second disc of sweet dough (10 cm).

Using a spoon, wrap some caramel around it and place some on top of the ends. Immediately place and center the second sablé disc.

Following the same method, proceed to assemble the second level of the religieuse with the small éclairs, but without the empty glass bottle. For the first small éclair, only dip its rounded base, place it on the disc and make sure it is aligned with the éclairs on the first level. Hold the éclair until the caramel stiffens.

Once the éclairs are placed around the disc and the second level is done, cut the tips, pour some caramel and place the third sweet dough disc (8 cm) in the center.

Place a small dot of caramel in the center and affix the big chou on top of it.

Place a small dot of caramel in the center of the chou and place the last disc on top of it, level and centered. Place a small dot of caramel in the center and affix the last chou.



## STEP 10 – DECORATION

Using a whisk, slightly whip the chocolate milk Chantilly so it is firm in texture.

Fill a piping bag, fitted with a fluted tip, with the Chantilly.

Use the piping bag and decorate each gap, between each éclair, with a series of rosettes. Pipe out the same pattern at regular intervals in order to cover all the interstices between the eclairs.

Finish by piping a rosette on top of the small chou.

Using a pair of decorating tweezers, place a few golden leaves on the religieuse.

And VOILA CHEF, the old-fashioned religieuse is ready to be tasted!

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