

ST. HONORÉ CAKE

Pastry Cream

4 cups milk
4 tsp. vanilla
6 eggs
1/2 cup sugar
2/3 cup flour
18 gelatin leaves¹

Puff Pastry

2 cups water
12 Tbsp. butter
1 tsp salt
2 Tbsp. sugar
2 cups flour
7 eggs
a pre-made pie crust

Assembly:

1 cup sugar + 2 Tbsp. sugar
1 cup heavy cream

To make the pastry cream, heat the milk, sugar and flour until bubbles begin to form on the sides of the saucepan. Beat the eggs in a bowl. Add a little of the hot milk to the eggs, stirring constantly. Return the cream to the heat, and bring just to a boil, stirring constantly. Add the vanilla and gelatin leaves, dipped briefly in warm water. Refrigerate.

Bake the pie crust on a baking sheet for 10-12 min. in a 350-degree oven. Cut out a piece of parchment paper the same size as the baked pie crust. To make the puff pastry dough, bring the salted water with the butter cut into chunks and the sugar to a boil. Remove from heat when it boils and pour in the flour all at once, stirring well. Return to the heat and beat until the dough pulls away from the sides of the pan. Continue to beat, adding the eggs one by one; beat the dough at least 3 min. before adding another egg. Put the dough in a pastry bag.² Pipe two rings of puff pastry dough, one on top of the other, around the outside edge parchment paper, the same size as the pie crust. Bake 20-25 min. in a 375-degree oven (they should be golden brown and firm to the touch). With the rest of the dough, form pastry puffs on a buttered baking sheet and cook in a 375-degree oven approximately 10-15 min. (they should be golden brown and firm to the touch). Let cool on a rack. Using a pastry bag,² fill the puffs with pastry cream.

Put 1/2 cup sugar in a small casserole. Over low heat, melt the sugar to make caramel. Put the saucepan over a pan of hot water to keep the caramel liquid. Attach the pastry ring to the pie crust with caramel. Carefully dip the bottom of each puff in the caramel and stick it to the pastry ring. Keep one or two for decoration. Whip the cream with the 2 Tbsp. sugar until it is stiff. Fold the whipped cream into remained of the pastry cream. Fill the mold of puffs with cream. Place the two reserved puffs on top and refrigerate 3-4 hrs. until served. Serves 10-12.

ACTIVITIES

1. Search on-line for the origin of this cake? Look for a recipe or picture of a Paris-Brest. Compare the two cakes.
2. Search on-line for other recipes which use puff pastry et pastry cream. What do they have in common?
3. Search on-line recipes for caramel. What are two ways to make it.
4. Where can you buy a *Gâteau St. Honoré* in France?
5. Search on-line other recipes which include "Saint" in their name. Put them in categories, meats, desserts, etc.

Notes

¹ If you can't find gelatin leaves, you can substitute powdered gelatin dissolved in a Tbsp. of boiling water. One packet of powdered gelatin equals 6 gelatin leaves.

² To make a large pastry bag, cut a large square of freezer paper. With the coated side to the inside, form a large cone, sealing the edges with tape. Fill with dough or pastry cream. Fold over the top to close and cut off the tip with scissors to make an opening of the right size.