

ESCARGOT

EQUIPMENT

STAND MIXER WITH PADDLE ATTACHMENT, ROLLING PIN, SMALL AND MEDIUM SIZE SAUCEPAN, WHISK, MIXING BOWLS, CLING FILM, BAKING PAPER, BAKING TRAYS, BREAD OR SERRATED KNIFE, KITCHEN SCALES, PASTRY BRUSH, PALETTE KNIFE

INGREDIENTS

FOR THE DOUGH:

100GM MILK, 100GM WATER, 12GM DRIED YEAST, 50GM CASTER SUGAR, 120GM SOFT BUTTER, 1 EGG YOLK, 440GM PLAIN FLOUR, 5GM SALT

FOR THE FILLING:

4 EGG YOLKS, 60GM CASTER SUGAR, 15GM PLAIN FLOUR, 10GM CORNFLOUR, 280GM MILK, 1 SPLIT VANILLA BEAN, 250GM GOLDEN RAISINS

FOR THE GLAZE:

100GM CASTER SUGAR, 100GM WATER

METHOD

TO MAKE THE DOUGH: PLACE THE DRY INGREDIENTS INTO THE BOWL OF A STAND MIXER FITTED WITH A PADDLE ATTACHMENT AND MIX BRIEFLY TO COMBINE.

NEXT ADD THE MILK AND EGG YOLK AND MIX AGAIN ON MEDIUM SPEED UNTIL THE DOUGH BEGINS TO FORM. ONCE THE DOUGH HAS BEGUN TO FORM ADD THE SOFTENED BUTTER BIT BY BIT ENSURING IT IS INCORPORATED BEFORE THE NEXT ADDITION OF BUTTER. MIX THE DOUGH FOR A FURTHER 5-6 MINUTES.

REMOVE THE DOUGH FROM THE MIXER AND KNEAD FOR 1-2 MINUTES ON A LIGHTLY FLOURED BENCH TOP. RETURN THE DOUGH TO THE MIXING BOWL AND COVER IT WITH CLING FILM AND PLACE THE DOUGH INTO A PRE-HEATED OVEN STEAM SETTING 40°C FOR 30 MINUTES TO PROVE.

NEXT MAKE THE GLAZE BY MIXING THE WATER AND SUGAR TOGETHER IN A SMALL POT. PLACE THE POT ON THE STOVETOP OVER HIGH HEAT UNTIL BOILING, REMOVE FROM THE STOVE ONCE BOILED AND SET ASIDE TO COOL.

FOR THE FILLING PLACE THE MILK AND VANILLA BEAN INTO A POT AND OVER MEDIUM HEAT ON THE STOVETOP UNTIL SIMMERING. IN A MIXING BOWL WHISK TOGETHER EGG YOLKS, SUGAR AND FLOURS, WHISK UNTIL GLOSSY AND SMOOTH.

ONCE THE MILK IS HOT POUR IT OVER THE EGG YOLK MIXTURE AND WHISK BRIEFLY TO COMBINE. POUR THE CUSTARD MIX BACK INTO THE POT AND WHISK IT OVER MEDIUM HEAT CONTINUALLY UNTIL THICK AND GLOSSY. ONCE COOKED REMOVE THE CUSTARD FROM THE POT AND TRANSFER IT TO A MIXING BOWL, COVER WITH CLING FILM AND SET ASIDE TO COOL.

ONCE THE DOUGH HAS PROVED REMOVE IT FROM THE BOWL AND KNEAD AGAIN BRIEFLY ON THE BENCH. WORK ON A LIGHTLY FLOURED BENCH AND ROLL THE DOUGH OUT INTO A LARGE RECTANGLE ABOUT ½ A CM THICK.

USING A PALLET KNIFE SPREAD THE CUSTARD OVER THE ENTIRE SURFACE OF THE PASTRY AS EVENLY AS POSSIBLE, SCATTER OVER THE RAISINS AND STARTING AT THE SHORTER SIDES OF THE PASTRY ROLL IT UP INTO A LARGE RELATIVELY TIGHT SAUSAGE. WRAP THE ROLLED DOUGH IN CLING FILM AND PLACE IT IN THE FRIDGE TOP REST FRO 30-40 MINUTES.

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ONCE THE DOUGH HAS RESTED LINE TWO BAKING TRAYS WITH BAKING PAPER AND SET ASIDE. UN-WRAP THE DOUGH AND WITH A SHARP SERRATED KNIFE CUT DISCS OF THE DOUGH APPROX 4CM THICK. PLACE EACH SCROLL ONTO THE BAKING TRAYS CUT SIDE FACING UP, LEAVING ROOM IN-BETWEEN EACH SCROLL.

PLACE THE SCROLLS INTO A PRE-HEATED OVEN 200°C COMBI SETTING FOR 8 MINUTES.

AFTER THIS INITIAL BAKE REMOVE THE SCROLLS FROM THE OVEN AND WITH A PASTRY BRUSH LIBERALLY GLAZE EACH SCROLL WITH THE RESERVED SUGAR SYRUP GLAZE. RE-SET THE OVEN TO COMBI MODE 180°C AND BAKE FOR A FURTHER 12 MINUTES UNTIL DEEP GOLDEN IN COLOUR.

ONCE THE SCROLLS HAVE FINISHED BAKING REMOVE FROM THE OVEN AND WHILE STILL HOT GLAZE EACH SCROLL AGAIN AND LEAVE TO COOL SLIGHTLY FOR 5 MINUTES.

SERVE WITH STRONG BLACK COFFEE FOR BREAKFAST OR MORNING TEA.

HINTS & TIPS

- ADD A LITTLE ORANGE ZEST TO THE CUSTARD MIX FOR A ZESTY NOTE TO THE SCROLLS, EVEN A PINCH OF GROUND CINNAMON WILL ADD ANOTHER DIMENSION OF FLAVOUR, WE KEPT THIS RECIPE TRADITIONAL BUT THAT DOES NOT MEAN YOU HAVE TO.
- THE ONLY DIFFERENCE BETWEEN THIS RECIPE AND THE TRADITIONAL FRENCH PAIN AUX RAISINS IS THE DOUGH, THE FRENCH USUALLY USE CROISSANT DOUGH WHICH IS LAYERED PASTRY WITH BUTTER, THE TRADITIONAL PASTRY ALONE TAKES HOURS TO MAKE HENCE OUR USE OF A SWEETENED BREAD STYLE DOUGH.
- IF RAISINS OR SULTANAS ARE NOT TO YOU LIKING TRY INSTEAD DRIED APRICOTS, DATES, PRUNES OR EVEN DRIED CRANBERRIES.