

Rhubarb poppy seed slice

Description

Pastry with butter croissant dough, poppy seed mousse and rhubarb



Yield

14 pieces of 75 g



Scheduling

Preparation: 40 minutes

Proofing: 45 minutes

Baking time: 35 minutes/190°C dropping



Nutritional values (100 g or 100 ml)

energy: 1'334 kJ/319 kcal;

fat: 18 g, of which saturated 9 g;

carbohydrates: 31 g, of which sugars 13 g;

protein: 6.7 g; salt 0.5 g

Ingredients

Poppy seed mousse (573 g)

150 g heavy cream UHT

120 g whole milk (1)

90 g cooked poppy seeds

15 g vanilla cream powder, warm

30 g whole milk (2)

80 g egg whites, fresh

60 g sugar (1)

8 g cornstarch

20 g sugar (2)

Additional ingredients (825 g)

500 g butter croissant dough

15 g sugar

300 g rhubarb, fresh

10 g icing sugar
(for finishing)

Production

1

Butter croissant dough

Spread the dough pieces from the butter croissant production on baking trays and chill in the freezer at -18°C. Then cut into 1x1 cm cubes with a knife.

Grease a metal frame measuring 8x60x4 cm, place on a baking tray lined with silicone paper and spread 500 g of diced butter croissant dough evenly inside.

Cover and leave to proof well at room temperature.

2

Poppy seed mousse

Bring the cream, the 1st quantity of milk and the steamed poppy seeds to the boil, stirring continuously. Mix the cream powder with the 2nd quantity of milk, add to the hot cream mixture and cook until you have a smooth cream. Pour into a chrome steel bowl and leave to cool slightly. Beat the egg whites with the 1st quantity of sugar until stiff, then mix the remaining sugar with the cornstarch and briefly fold into the beaten egg whites.

Place 70 g of beaten egg whites (meringue) in a piping bag with a medium nozzle and set aside for decoration. Carefully fold the remaining beaten egg whites into the poppy seed cream and continue processing immediately.

3

Piping

Sprinkle 15 g of sugar, then pipe 500 g of poppy seed mousse onto the proofed croissant dough and spread 300 g of chopped rhubarb cubes on top, pressing them lightly into the mixture.

4

Meringue

Pipe the meringue that was set aside in rows in dots using a round nozzle.

5

Baking

Bake the product in a mild oven without top heat with the vent open. Remove the frame and allow the slices to cool.

6

Finishing

Cut into 4 cm wide slices and lightly dust the surface with icing sugar.