

Praliné



Stéphane Leroux

Photos by Romy Tembuyser

Racine

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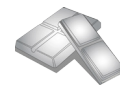
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A passion for the profession reveals the praliné

The creation of this book featuring the praliné has given me the opportunity to express my great admiration for Stéphane Leroux's artistic talent and teaching skills.

The work of a craftsman performed with expertise inspires respect, all the more so when it is carried out by a man who turns it into an art form.

Another source of wonderment is the unselfish and limitless sharing between colleagues in this art. Stéphane Leroux clearly practices this in a fully comprehensible way.

Only great professionals can manage to make something that is not simple look simple, and only true professionals can pass on their know-how with such passion that it enables others to progress in the profession that they share, in the hope that in the future they will take up the baton in this chain of knowledge.

Stéphane Leroux's first book *Matière Chocolat* is an educational masterpiece in terms of illustrations and production processes. Starting from a simple and noble material - chocolate - he creates sculptures and pièces montées (decorative confectionery centerpiece) worthy of great artists. With great dexterity, his magic fingers create such realistic works of art that people want to reach out and touch them to see if they are real. So much so that once, at an exhibition of chocolate flowers, a photographer exclaimed, "But these chocolate flowers are even more beautiful than real flowers!"

With this second book, devoted to one of the first elements, if not the first element used in chocolate - praliné - Stéphane Leroux confirms his love for his profession, his art and his skills as an educator. With his imagination and in his hands, praliné becomes transformed into a material of unsuspected delicacy.

There are very few craftsmen now who are capable of creating masterpieces that are much admired and which, at the same time, give their creators pride in a job well done, characteristic of the work of great craftsmen of the past. To be proud of one's profession and of the works created by one's own hands gives the author of such works a profound sense of personal satisfaction; this is rare nowadays.

This magnificent work is marked by this sense of completeness.

I hope that this book about praliné, just as *Matière Chocolat*, will arouse among young enthusiasts a keen interest in the noble craft of chocolate maker and will thus contribute to perpetuating this profession which, in order to be perceived as an art form, needs the ingenuity of the mind combined with the perfection of manual dexterity.

Eddy Van Belle

Chairman of the Board of Puratos-Belcolade and President of the Choco-Story Museum



It is a great honor for me to write the preface to this work by a truly exceptional friend! Thank you, Stéphane!

Your human qualities, discretion and desire for perfection have earned you the respect of the entire profession. Your simplicity, efficiency and effective way of working and especially your kindness are also part of this. You truly represent the Meilleurs Ouvriers de France and your career as a companion pastry chef is exemplary!

This highly original work about pralinés in pâtisserie, chocolate-making and many other applications demonstrates your perfect mastery of the profession and illustrates your magnificent technical prowess. I am certain that everyone will find what they seek in this book. It will be one of those books that people just keep going back to, turning the pages this way and that to discover a new idea, a useful hint or the solution to a problem...

Enjoy it and make the most of it!

Well done Stéphane and congratulations on this excellent work!

Philippe Urraca

Meilleur Ouvrier de France
Président de Classe Pâtisserie Confiserie (Pâtisserie and Confectionery Category)

Foreword

After *Matière Chocolat*, this second book focuses on a product that is as noble as it is magical: praliné, one of the marvels of nature revealed by man's know-how acquired over centuries.

The theme is dear to me for two important reasons. The first is because praliné, just like chocolate, is one of the raw materials appreciated by all professions involved with the sense of taste, such as patisserie, the bakery trade, chocolate making, confectionery and ice cream making. The second reason is because praliné, or rather the pralinés, are the fruits of human experience combined with the creative imagination of people who love their craft.

Pralinés give professionals very wide-ranging possibilities of texture. They can be crunchy or fondant, crispy and light. They are warm and flavorful but also lovely to look at with a beautiful color that ranges from a seductive blond tone to a tantalizing chestnut. They also have a devilish character forged by roasting, caramelization and sweetness. If there was ever a material with a feminine nature, it is indeed the praliné: bewitching, elusive and magnificent.

As a small child of barely 6 years old, growing up in a loving family of craftsmen, I knew that my life would be involved with patisserie in the broadest sense of the word. Having little affinity for a classical education, I very soon turned to "my path" in life. A great thirst to learn has always been my motivation. Firstly, I wanted to learn through training, and then to be able to master the thousand and one traps set out by as many ingredients that any pastry chef has to know and, finally, after years of experience, I wanted to share my knowledge with others.

I travelled extensively in France, initially as a worker, where I had considerable contact with many professionals who were both humble and admirable; I also had the opportunity to travel worldwide.

The different competitions in which I had the pleasure of participating gave me so much, both from the people I was fortunate enough to meet and the level of knowledge that others shared with me. I will always be extremely grateful to them. If I am where I am today having attained a certain level of knowledge, I owe it to them. Not only their example, their discipline and their perfectionism, but also their imagination and audacity were and remain a perpetual source of inspiration for me.

May I offer some advice? In life, do what you truly love, but have the patience to wait until you have acquired a certain degree of mastery! Exercise your craft or your profession with passion and love. And do everything immediately! Listen attentively to others but make up your own mind. Respect the past by seeking to understand it through and through! Have fun recreating it because the world is in permanent evolution, it is diversity, variety and wonderment. Be sure to learn all the techniques possible, firstly in order to become experienced and then reinvent the techniques in line with your own personality and your own way of thinking. Always interpret, never do things by rote! Be open-minded to everything! Fulfill yourself in your profession and always be yourself!

... and now, please enjoy this book!

Stéphane Leroux

When the product and the perception glorify one another

The artistic meeting of Stéphane, Meilleur Ouvrier de France Pâtissier, and Romy, the Belgian photographer, culminated in the product of the one being glorified by the other, and vice versa. Because what do we look at the most in this book: the product or the photograph of the product? It is difficult to say, given how much one complements the other and how they blend into one another.

Their meeting, seven years ago, was decisive for their respective artistic careers. Their affinities are surprising, as is their perfectionism with regard to quality. They both set the bar extremely high. Stéphane speaks the language of flavors and textures, and Romy expresses himself in the language of the images that the eye perceives. Neither of them is verbose, but they are both overflowing with ideas, perfection and subtlety...

Stéphane represents the transmission of knowledge whereas Romy transmits what the eye sees.

Between them, they have sixty years of professional activity which they share equally. However, they do not count this in years but rather in instants; by the spark of a moment in life. By an exceptional instant that leaves everyone absolutely stunned... including the two of them! Their iron discipline in attention to detail gives their respective works that unique touch which is their secret alone.

Stéphane's ephemeral creations, whose purpose is to please the eye as much as the palate, are immortalized here by Romy, by the magnificence, or should one say magnify-science that he brings to his work by virtue of refined lighting and his amazing compositions.

Judge for yourself...



Praliné, pralin and praline...

Praliné is a confectionery product, generally used as a filling, made of roasted and ground mixture of 50% almonds and/or hazelnuts and 50% sugar.

Pralin, used very frequently in patisserie and confectionery, is made from caramelized hazelnuts.

Praline was invented in 1912 and given that name by Jean Neuhaus, a Belgian confectioner.

"**Praslines**" or "**pralines**" de Montargis were created in 1636 by Clément Jaluzot, who subsequently founded a confectionery business in Montargis. In 1903, Léon Mazet acquired the recipe for the praline owned by the store "Au Duc de Praslin" and established the standard for it.

La praline rose (the pink praline) is a specialty of the region of Lyon and Dauphiné; it is used as a decoration for tarts or brioches. It is also used to make praluline, created by Auguste Pralus, Meilleur Ouvrier de France in 1955, Roanne, France.





A close-up photograph of a classic patisserie, likely a croissant or similar flaky bread, filled with a rich, golden-brown praline filling. The filling is thick and glossy, with visible dark specks, possibly vanilla seeds or chocolate chips. The bread is golden-brown and flaky, with a soft, porous texture. The background is a soft, out-of-focus grey.

Praliné
in classic
pâtisserie

Pistachio-Morello cherry, almond-apricot and hazelnut macaroons

(for approximately 35 individual macaroons in each flavor)

COMPOSITION

- Macaroons
- Vanilla apricot purée
- Morello cherry purée
- Hazelnut praliné coulis
- Cream for filling (hazelnut, almond or pistachio)

MACAROONS

- 300 g icing sugar
- 300 g almond powder
- 100 g tempered egg whites (1)
- 200 g granulated sugar
- 60 g water
- 100 g tempered egg whites (2)

Blend and sieve the icing sugar with the almond powder; for the hazelnut and pistachio macaroons, replace half the quantity of almond powder with hazelnut or pistachio powder.

Make an Italian meringue with the first lot of egg whites (1) and 200 g of sugar mixed with water heated to 120°C/248°F.

When the meringue is very smooth but not completely cold, mix it with TPT almond powder and the second lot of tempered egg whites (2) not beaten until stiff. Blend with a spatula until the mixture is smooth and homogeneous, but not too loose.

Place the macaroons on silicone sheets.

Bake for approximately 20 minutes at 220°C/428°F in a ventilation oven with decreasing heat and an open damper.

In a deck oven, start off at 220°C/428°F and finish at 180°C/356°F for approximately 20 minutes. Set aside before decorating.





Autumn leaves with hazelnuts

COMPOSITION

- Hazelnut meringue
- Hazelnut butter cream
- Caramelized hazelnuts
- Lait Selection (34%) chocolate for finishing

HAZELNUT MERINGUE

- 205 g egg whites
- 250 g granulated sugar
- 80 g water
- 140 g almond powder
- 105 g icing sugar
- 70 g ground roasted hazelnuts

Beat the egg whites until stiff then pour the sugar mixed with the water onto the beaten egg whites and cook at 121°C/250°F.

Mix equal quantities of almonds and icing sugar and then sieve.

Add the ground hazelnuts and blend everything into the lukewarm meringue using a flexible spatula.

Prepare the bases using a piping bag or in a 14 cm diameter x 1 cm deep chablon stencil on a silicone sheet.

Bake in the oven at 120°C/250°F for 1 hour.

Store in a dry place until required for assembly.

CARAMELIZED HAZELNUTS

- 500 g de noisettes entières sans peau
- 250 g de sucre semoule
- 90 g d'eau

Mix the sugar and water in a saucepan and cook at 118°C/245°F.

Remove from the heat, add the hazelnuts and stir until the mixture becomes grainy. Return the mixture to the heat and caramelize.

Add a knob of butter and pour onto a silicone sheet. Cool and crush the hazelnuts into regular size pieces. Store in a dry place until required for assembly.

ASSEMBLY AND FINISH

Mix 1 kg butter cream with 150 g praliné and 50 g hazelnut paste, then beat until smooth and whisk in the mixer fitted with a whisk.

Pipe a spiral of the hazelnut butter cream onto a hazelnut meringue disk using a piping bag with a 1 cm diameter nozzle. Sprinkle generously with ground, caramelized roasted hazelnuts.

Add another dash of hazelnut butter cream then cover with a second hazelnut meringue disk.

Set aside in the refrigerator and mask with the hazelnut butter cream before finishing with Lait Selection (34%) chocolate.

CHOCOLATE FOR FINISHING

For 1 kg Lait Selection (34%) chocolate, add 2% hazelnut oil. Prepare the decoration on a marble slab using a triangle.





Praliné with cocoa bean nibs

(for a frame measuring 27 x 37 cm x 8 mm deep, makes 260 portions)

COMPOSITION

- Hazelnut praliné
- Cocoa bean nibs
- Dark chocolate coating

PRALINÉ WITH COCOA BEAN NIBS

- 500 g hazelnut praliné 50%
- 100 g Lait Selection (34%) chocolate
- 50 g Noir Selection (55%) chocolate
- 30 g cocoa butter
- 50 g roasted cocoa bean nibs

Melt the different types of chocolate and the cocoa butter and mix all the ingredients together, then temper everything at 27°C/80°F. Pour the mixture into an 8 mm deep frame spread beforehand with a very thin layer of Noir Selection (55%) chocolate.

Leave everything to crystallize at 17°C/63°F for 2 hours.

Spread a very thin layer of chocolate on the surface of the praliné and use a guitar cutter to cut 3 x 2 cm rectangles. Gently heat the surface of the rectangles with a heat gun so that the chocolate melts and immediately sprinkle it with cocoa bean nibs.

Leave everything to crystallize again and coat with melted Noir Selection (55%) chocolate.



Pastis and moka praliné

COMPOSITION

- Pastis liqueur
- Almond coffee praliné
- Noir Selection (55%) chocolate for coating

PASTIS LIQUEUR

- 500 g sugar
- 200 g water
- 150 g pastis 40% vol.

Combine the sugar and water and bring to the boil, taking care to skim. Cook the syrup at 116°C/240°F and pour into a large stainless steel mixing bowl. Add the pastis liqueur to the syrup. Return the syrup to the saucepan and repeat this step two or three times to start the crystallization. Cover the liquid with a damp cloth before use.

Pour the liquid into a 2 cm diameter, hemispherical starch molds (the starch must be very dry and stored in a starch chamber or heat cabinet at 35°C for several weeks to ensure that it does not absorb the liqueur).

When the molds are filled, sieve hot starch (35-40°C/95-104°F) on top of them to a depth of 2 mm, and leave to crystallize for 4-5 hours in a heat cabinet between 35-40°C/95-104°F.

After this, remove the tray from the heat cabinet, put a board on top of it and turn everything upside down to regularize the crystallization of the liqueurs. Return to the heat cabinet for a further 4-5 hours. After crystallization, carefully remove the liqueurs and remove the remaining starch with a flexible brush. Set aside at 18°C/64°F until ready to use.

