

# *Polonaise Tart*

MARSHMALLOW FLUFF



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## Polonaise Tart Recipe

*In most French patisseries, unsold items such croissant and brioche find their way to reborn into amazing treats. Croissant is turned into almond croissant (croissant aux amandes) and brioche and other viennoiserie into bread pudding. The classic brioche Polonaise is originally made using leftover brioche a tete which are soaked in orange flavored syrup or rum or kirsch, stuffed with pastry cream mixed with fruits confit (Tutti frutti mix diced candied fruit 1/4), and covered with Italian meringue. Here is a polonaise tart version finished with a light marshmallow meringue (marshmallow fluff)...*

**Makes 8 Tartelette / Diameter 3 1/6"x3/4" / 9x2cm tart rings. In use: Exoglass tart rings.**

≈1 lb. (450g) leftover brioche loaf, panettone, rosca de reyes..

### Almond Syrup

0.6 cup (150g) water

0.3 cup (60g) sugar

1 Tbsp (10g) powdered sugar

2 Tbsp (20g) almond meal

1/4 orange zest

2 tsp (5g) orange blossom water.

1/2 Tbsp (7.5ml) or more to taste...Cointreau or Grand Marnier (Optional)

Bring to a boil and add orange blossom water and alcohol; use at room temperature.

### **Pastry Cream**

1.3 cup (330g) milk

1/3 cup (60g) sugar

1 tsp (5g) vanilla paste or extract

1 egg + 2 egg yolks

2 Tbsp (20g) flour + 2 Tbsp (20g) corn starch

1 ea. (3g) gelatine sheet, soaked in cold water and drained. (Use gelatine if the finished dessert stays more than 6 hours in the freezer).

2 Tbsp (30g) butter.

4 ounces (120g) tutti frutti mix diced candied fruit or peel mix or orange candied peel, diced.

Place mixing bowl in the freezer. Bring milk, one-third sugar and vanilla to a boil. Meanwhile, combine eggs with sugar and starches. Temper egg mixture with hot milk – Pour mixture back into the saucepan and bring to a boil whisking constantly and swiftly – cook for 2 minutes and blend in gelatine and butter. Transfer hot custard in the frozen mixing bowl and let run until cool on medium speed.





### **Sablée Crust**

0.7 cup (80g) powdered sugar  
0.7 cup (80g) almond meal  
10 Tbsp (150g) butter, room temp  
A pinch of salt  
1 ea. (50g) egg  
1.6 cups (210g) all-purpose flour  
1 tsp (3g) baking powder  
One lemon zest.

Process sugar and almond. Add zest, butter with salt and blend to cream. Add the egg, blend to smooth and add flour and baking powder – mix to combine. Wrap up and chill until firm. Pastry can last a week in the refrigerator or kept frozen for weeks. Since that less than a third of the pastry will be used, Save leftover for more pies or cookies.

Take a quarter of the pastry, work out to soften over a floured work surface and roll out into a thin 0.12”/3 mm thick sheet and prick. Make 4.7”/12cm diameter disks. Repeat until done. Refrigerate pastry. Shape disk into tartelette – Exoglass tart rings are nonstick made and do not need to be greased. Chill tartelette and trim off excess dough. Keep refrigerated or frozen.

Prebake tart shells for 20 min with pie weights; remove pie weights and bake for an additional 8 min. Set aside.

### **Polonaise Tart Montage**

Cut brioche into large 1/2 inch/1.25cm thick slices. Cut out 2.5”/6.5cm disks. (Save scraps for bread pudding).

Spread a thin pastry cream layer (with no candied fruits) in each tart shell. Sprinkle some candied fruit if desired. Moisturize generously one side of each brioche disk, flip and place in each tart shell. Fold remaining candied fruits into the remaining custard and scoop out 1.3 ounce/40g per tart. Smooth out into dome using an off set spatula. Freeze tartelette an hour prior dipping into the marshmallow fluff.

## **Light Marshmallow Meringue / Marshmallow Fluff\***

### **Swiss Meringue**

4 ea. (120g) egg whites

1/3 cup (70g) sugar

1/3 cup (70g) honey or trimoline

2 ounces (60g) corn syrup or glucose

0.30 ounce (8g) gelatine sheets, soaked in cold water, drained.



\*Polonaise tart can also be finished using Italian meringue but using piping method and a spatula.

Over a water-bath on medium heat (water must not touch bottom of the bowl), beat egg whites, sugar and honey to 122°F/50°C. Rotate bowl every so often during whisking time. Add melted gelatine and warm corn syrup; beat on high until fluffy. Use marshmallow fluff when still warm.

Scoop out leftover to make extra marshmallows. Decorate polonaise tart with candied fruit dices and gold leave if desired. Lightly torch, dust powdered sugar (snow decor). Serve thawed – Enjoy!