



## Presents Nicolas Meresse

Pâtisserie Histoire Gourmande  
in Toulon.



Trained as a pastry chef, Nicolas Meresse really learnt his craft working alongside great chefs such as Gérard Hee (MOF) and the teams working in famed Parisian establishments including the Angelina tearooms. He then joined the chef Éric Canino for the opening of the palace hotel, La Réserve in Ramatuelle, as their Pastry Chef. Since 2016 he has been passing on his love of pastry to his clients and staff through his audacious creations that awaken both the eyes and the taste buds. It's simply his way of telling his own Gourmet Story or as we would say in French, his "Histoire Gourmande"!



Photo credit: postdoc.com

### His recipe: "Fresh nashi" entremets

Quantities for 3 entremets, 20 cm in diameter.

#### 1. Biscuit base

**250 g** Butter  
**250 g** Icing Sugar  
**350 g** Ground almonds  
**400 g** Eggs  
**100 g** Praligrain

Cream together the butter and icing sugar until light and fluffy. Gradually incorporate the eggs. Mix in the ground almonds and praligrain. Weigh out 1.350 g and bake in a deck oven at 190°C for 20-25 minutes.

#### 2. Raspberry cream

**200 g** Fruit'Purée Raspberry  
**10 g** Glucose  
**400 g** Cream 35%  
**370 g** White couverture chocolate  
**5 g** Gelatin  
**100 g** Fresh raspberries

Melt the couverture chocolate at 45-50°C. Heat the Fruit'Purée Raspberry and glucose until just beginning to simmer then pour this over the soaked gelatin and melted chocolate. Mix until smooth and shiny. Gradually blend in the cold cream. Add the raspberries and blend for a few seconds. Transfer the mixture to three 20 cm ø tart rings.

#### 3. Earl Grey & fresh mint jelly

**500 g** Earl Grey green tea  
**300 g** Fresh mint  
**20 g** Cassonade brown sugar  
**75 g** Glucose  
**20 g** Gelatin

Infuse the mint in the tea overnight. Strain. Heat part of the liquid to 45°C with the brown sugar and glucose then pour onto the soaked gelatin. Blend in the remaining tea. Pour onto the raspberry cream to complete the tart rings.

#### 4. Mint / nashi mousse

**250 g** Fruit'Purée Mint Capfruit  
**17 g** Gelatin  
**125 g** Egg whites  
**200 g** Sugar  
**420 g** Whipped cream 35%

Prepare an Italian meringue. Heat part of the Fruit'Purée Mint and pour this over the soaked gelatin. Add this mixture to the meringue. Gently fold in the whipped cream.

#### 5. Sparkling mirror glaze

**200 g** Neutral glaze  
**AD.** Mint green food coloring  
**AD.** Silver sparkle dust  
**AD.** Pink food coloring  
**AD.** Gold sparkle dust

Create 2 glazes :  
One green with sparkling silver dust  
The other pink with sparkling gold dust

#### Finishing touches

Heat the two mirror glazes to 40°C. Superimpose layers of the glazes in a bowl, alternating the colors and ensuring that they do not mix. Place the finished entremets on a wire rack and glaze with a side-to-side motion. Leave for a few seconds and then decorate as desired.



#### Fruit'Purée Mint Capfruit

Fruit'Purée Mint is a preparation based on an Asian pear purée. This juicy fruit may be eaten raw or cooked, has a slightly grainy texture and a sweet taste reminiscent of pears, pineapples and honey. These qualities make it the perfect base to bring out all the flavor of the natural peppermint extract we add to this product. The green coloring is also 100% natural, being derived from Spirulina (an algae) and the Safflower (a plant). Fruit'Purée Mint is proposed with no sugar added to those naturally present in the fruit. It has been pasteurized to avoid oxidation.

