

Bonet babà

•**MAKES:** 4 medium babà (serves 8 people); **PREP:** 4 hours; **COOK:** 25 mins



Ingredients

For the dough

- 300 g strong flour (Manitoba)
- 3 large eggs
- 100 g unsalted butter
- 100 g milk
- 25 g sugar
- 10 g fresh brewer's yeast
- 1/2 tsp salt

To soak

- 1 l water
- 400 g sugar
- rum

For the filling

- 250 ml milk
- 2 egg yolks
- 2 tbsps sugar
- 2 tbsps flour
- 50 g dark chocolate, chopped
- 30 g amaretto cookies, crushed
- 200 ml whipping cream

Instructions

1. Dissolve yeast into 50g warm milk and 1 tsp of sugar, then knead together with 70g flour. Let it rise until doubles its volume, covering the bowl with a damp cloth.
2. Put in a bowl the remaining flour (230g), make a well, then pour the previous dough in the middle. Add the eggs and start kneading. Then add the milk a spoon at a time: the dough has to be soft, but not too much. Knead, then stretch and fold the dough for 10 mins. Cover with plastic, then let it rise for 80 to 90 mins, or until it doubles its volume.
3. In a little bowl, soften up the butter, then mix it with the remaining sugar (20g) and the salt. Add this mixture to the dough one spoon at a time and knead. When the butter is absorbed, place the dough on the countertop and knead, stretch and fold it for 15 to 20 mins. When it doesn't stick to your hands anymore, it's ready.
4. Divide the dough into 4 equal parts and place them into pudding moulds, previously greased. Fill half the mould. Place the moulds on a baking tray, then let them rise in the turned off oven (only the light on) until they triple their volume and a 2 cm "dome" comes out of the mould.
5. Pre-heated the oven to 392°F (200°C), then lower to 356°F (180°C) and bake for 20 to 25 mins. After 10 mins baking, cover them with aluminum foil.
6. Take them out of the oven, let them cool down for 10 mins, then take them out of the moulds and set them aside in a big bowl.
7. Pour the water into a pan, add the sugar and bring to a boil. Let it boil for 10 mins. Turn it off, let it cool down a bit, then pour the syrup onto the babà, still warm. Turn them around every 10-

15 mins and until they feel like a dunk sponge under your fingertips. Drain them from the syrup and place them on a dish.

8. Prepare the custard. In a bowl, whisk the egg yolks with sugar, then add the flour and continue beating. In a saucepan, heat up the milk and, WHEN IT COMES UP, pour the egg mixture in it. Stir for a few seconds, then turn off the heat and stir again. Add the chopped dark chocolate and stir again. Pour the custard in a bowl, cover with plastic wrap or parchment paper (it has to touch the cream, so you won't have the skin); let it cool down, then divide it into two smaller bowl and place them in the fridge.

9. Drain the exceeding syrup from the plate, then moisten your babà with rhum to the taste.

10. Whip the cream, then use half of it to make a chantilly (add it to one custard bowl and mix from the bottom up using a spatula) and set aside the rest, to garnish.

11. Cut every babà in half, then spread the custard on every side, then fill with chantilly cream. Garnish with whipped cream and crushed amaretto cookies.