

## La Religieuse



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- Sub Category Name  
Food  
Savory
- Recipe Source Name  
Real High Tea Australia Volume 2

### Ingredients

#### La Religieuse Vanilla sable

- 100g butter
- 125g raw sugar
- 125g flour
- 5g vanilla sugar

#### Choux pastry

- 225ml milk
- 5g salt
- 5g castor sugar
- 100g butter
- 150g flour



- 260g eggs
- 25g milk

### **Crème patissier**

- 500ml milk
- 100g egg yolk
- 40g cornflour
- 50g sugar

### **Salted caramel and roasted macadamia**

- 160g castor sugar
- 160g cream
- 1g Maldon salt
- 125g butter
- 1 Vanilla pod
- 20g macadamia nuts

### **Caramelised apple**

- 1 green apple
- 30g sugar
- 10g unsalted butter

## **Methods and Directions**

### **La Religieuse**

#### **Vanilla sable**

- Mix all ingredients to a smooth dough and leave to rest in fridge.

#### **Choux pastry**

- Bring the milk, salt, sugar and butter to boil.
- Add flour and stir to dry the mixture.
- In an electric mixer, add the eggs and the rest of the warm milk.
- Pipe into 2 different round sizes. Place sable on top.
- Bake at 190°C for 25 minutes.

#### **Crème patissier**

- Boil milk and vanilla pod.



- Whisk egg yolk, sugar and corn flour then slowly pour warmmilk and keep stirring.
- Bring back to stove to thicken sauce.
- Pour in flat trays and place in fridge to cool the cream.

### **Salted caramel and roasted macadamia**

- In a saucepan, cook the castor sugar until you get a dark caramel and add boiling cream infused with vanilla pod. Cook for 3 minutes then fold in butter in cube, then blend well. Fold in the roasted, chopped macadamia.

### **Caramelised apple**

- Peel and cut the apple. In a saucepan cook the sugar till golden brown to form a caramel, add the butter and apple. Remove from heat and leave to cool.

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