



PEACH CRUFFINS WITH CRÈME PÂTISSIÈRE

In the bowl of a stand mixer fitted with a dough hook, mix flour, yeast, salt and water on a low speed for 3 minutes. Add 50 g cubed butter and mix on low speed for 5 minutes or until incorporated. Increase to medium speed and mix for 10 to 15 minutes or until the dough is smooth and elastic. Cover with cling wrap and allow to rest for 45 minutes at room temperature. Place the dough on a lightly floured surface and divide into 4 pieces of 124 g each. Roll out one portion at a time into a long rectangle, only 1 to 2 mm thick. Rub a quarter of the butter (40 g) evenly across the dough all the way to the edges. Roll the dough starting from one end to the other as tightly as possible to form a log. Cut the log in half lengthways. With the cut side facing outward, twist together loosely and cut in half. Form each piece into a semi-knot, tucking the ends underneath. Lightly grease a muffin pan. Place "semi-knots" in the muffin cups and cover with cling wrap. Allow to rise for 2 to 3 hours at room temperature or until double in size. Preheat the oven to 200°C. Bake for 25 minutes or until puffed and golden brown. Allow to cool and dust with icing sugar. Serve with peach compote and crème pâtissière.

150 g bread flour
150 g cake wheat flour
5 ml instant yeast
7,5 ml salt
130 ml water
50 g butter, cubed
160 g butter at room temperature
icing sugar for dusting

Peach compote

In a saucepan, bring apple juice, castor sugar and vanilla pod to a simmer over medium heat. Simmer for 10 minutes before adding peach segments and lemon juice. Allow to simmer for a further 10 minutes before removing from the heat and allowing the fruit to cool in the sweet liquid. Chill in the fridge.

40 ml apple juice
40 g castor sugar
1 vanilla pod, split
4 peaches, pitted and segmented
15 ml lemon juice

Crème pâtissière

Cream egg yolks and castor sugar together in a stainless steel bowl using a wooden spoon. In a separate bowl, mix cornflour with 30 ml of the cold milk to form a smooth paste. Heat the remaining milk and vanilla seeds in a saucepan over medium heat and bring it to a slow simmer. Mix the egg yolk mixture and the cornflour mixture together and slowly add it to the simmering milk, continuously stirring with a wooden spoon. Never allow the mixture to boil; keep it slowly simmering. Allow it to cook past a pouring consistency to a thick custard consistency. Remove from the heat and cover with a sheet of cling wrap that touches the custard surface to prevent a skin forming while it cools. Once the custard has reached room temperature, place it in the fridge. Before using it on pastry, remove the cling wrap and stir the custard; it should become shiny and smooth.

2 egg yolks
50 g castor sugar
30 ml cornflour
250 ml cold milk
seeds of half a vanilla pod

Makes 8