



Paris-Brest, the dessert of champions and a tribute to cycling, is served!

Paris – October 4, 2024 - What do pâtisserie and cycling have in common? One of the most popular classic desserts in France: the Paris-Brest. The “**I Love Fruit & Veg from Europe**” campaign presents this soft choux pastry filled with praline crème mousseline, topped with **almonds** and icing sugar, in a characteristic round shape that resembles a bicycle wheel. A creation that is considered one of the classics of French pâtisserie.



The campaign, co-funded by the European Union and managed by five agricultural producers' organizations - Terra Orti, A.O.A., La Deliziosa, Agritalia and Meridia - promotes fruit – dry fruit included - and vegetables Made in Italy and Made in Europe.

This dessert is a tribute to sport from the nation that gave us the Tour de France, where cycling has always been one of the most popular and widely practised sports. The Paris-Brest race started in 1891 and is a round trip of 1,200 kilometres, between the capital and the city on the Breton coast. For the 1910 edition of the race, the pastry chef Louis Durand decided to create a dessert that would commemorate the race (from which it takes its name) and which would be calorific enough to sustain the cyclists. It was made in the shape of a bicycle wheel, creating a 'ring' of choux pastry, like the one used for classic cream puffs, and filled with praline crème mousseline, or a confectioner's custard and butter that had a firm consistency so that it would hold together well. It



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was topped off with toasted almonds and a layer of craquelin (for the more daring in the kitchen) - a thin, crunchy disc made from butter, sugar and flour.

Paris-Brest is a dessert that requires a great deal of skill in both its preparation and cooking. When piping the choux pastry 'crown' or ring on parchment paper, the join in the ring must not be too thick, because choux pastry triples in volume during baking.

This dessert became so popular with cyclists that it later spread to cake shops throughout France, and at the same time the Paris-Brest competition became an institution: cycling professionals met to compete every ten years. Today, however, it is an amateur competition held every four years.

Find the recipe on: <https://ilovefruitandvegfromeurope.com/fr/recettes/>

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