

TETTE DELLE MONACHE RECIPE

Recipe Details

- **Difficulty:** Medium
 - **Cost:** Inexpensive
 - **Preparation Time:** 20 minutes
 - **Cooking Time:** 15 minutes
 - **Total Time:** 35 minutes
 - **Yield:** About 15 pastries
 - **Cooking Method:** Oven-baked
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Ingredients

For the Sponge Cakes:

- 1¼ cups all-purpose flour (sifted)
- 6 medium whole eggs (room temperature)
- ¼ cup egg whites (from 2 medium eggs)

For the Chantilly Cream:

- 2½ cups whole milk
 - ¾ cup heavy cream (plus extra for whipping)
 - 6 medium egg yolks
 - ¾ cup granulated sugar
 - ⅓ cup cornstarch
 - 1 tsp vanilla extract or seeds from 1 vanilla bean
 - Zest of 1 lemon
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Instructions

1. Prepare the Sponge Cakes:

1. Preheat your oven to 390°F (200°C).
 2. In a stand mixer, beat whole eggs and egg whites until tripled in volume, thick and frothy.
 3. Gently fold in sifted flour using a spatula, being careful not to deflate the batter.
 4. Transfer batter to a piping bag with a round tip.
 5. Pipe small domes (about 2 inches wide) onto a parchment-lined or silicone-lined baking sheet.
 6. Bake for 10 minutes, then turn off the oven and leave the pastries inside for 5 more minutes.
 7. Allow to cool completely on a rack.
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2. Make the Chantilly Cream:

1. In a saucepan, heat milk, heavy cream, lemon zest, and vanilla until steaming (do not boil).
 2. In a bowl, whisk the egg yolks, sugar, and cornstarch until pale and smooth.
 3. Temper the yolk mixture by gradually whisking in some of the hot milk.
 4. Pour the mixture back into the saucepan and cook over medium heat, stirring constantly, until thickened.
 5. Remove from heat and cover with plastic wrap directly on the surface. Let cool completely.
 6. Once cooled, whip additional cold heavy cream (about ½ cup) to stiff peaks and gently fold it into the custard to form a smooth Chantilly cream.
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3. Assemble the Pastries:

1. Fill a piping bag fitted with a long nozzle with the prepared Chantilly cream.
 2. Insert the nozzle into the base of each sponge dome and fill gently.
 3. Dust with powdered sugar before serving.
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Tips and Tricks

- Use room-temperature eggs for the best sponge texture.
- Be careful not to overbake—these should remain pale and tender.
- Let the custard cool fully before folding in whipped cream for the smoothest Chantilly.

- For added elegance, serve with fresh berries or a sprinkle of lemon zest.