



Baba au rhum

30'
Hands on

60''
Hands off

20'
Cook Time

12
Portion(s)

2
Difficulty



Method

For the babas

- In a mixer's bowl, add the flour, butter, honey, yeast, and beat with the whisk attachment at medium speed, for 4-5 minutes.
- Add the eggs one by one, salt, and keep beating for 2-3 more minutes. Attention! The eggs have to be 250 g!
- Butter and flour 12 [mini cake pans](#). It would be good to place the cake pans onto a [baking pan](#).
- Transfer the mixture into a [pastry bag](#) and fill the $\frac{3}{4}$ of each mini cake pan.
- Cover with a towel and let them rise for 1 hour at room temperature.
- Preheat the oven to 200° C (392° F) set to fan.
- Bake for 15-20 minutes. Remove and let them cool well.

For the syrup

- In a pot, add the water, sugar, lemon peels, and transfer onto high heat.
- As soon as it boils and the sugar melts, add the rum, and remove from the heat.

To assemble

- Score the babas diagonally, so that a cavity is formed.
- Dip them into the hot syrup for 5 seconds and transfer onto a [rack](#).
- Place a [frying pan](#) over high heat and add the jam. Let it dilute and liquify. As soon as it comes to a boil, remove from the heat, and with a [pastry brush](#), spread the babas with it.

For the whipped cream

- In a mixer's bowl, add the ice-cold heavy cream, icing sugar, vanilla, and beat with the whisk attachment at high speed, until the whipped cream thickens.
- Transfer into a pastry bag.

To serve

- Spread the babas with the rum or syrup, fill with whipped cream, sprinkle with pistachios, and serve.

Tip

When adding the syrup, the babas absolutely have to be cold and the syrup extremely hot!

Ingredients

For the babas

- 200 g all-purpose flour
- 70 g butter, room temperature
- 1 tablespoon(s) honey
- 1 tablespoon(s) yeast
- 250 g eggs
- 1 pinch salt

For the syrup

- 450 g water
- 250 g granulated sugar
- lemon peels, from 1 lemon
- 60 g rum

For the whipped cream

- 500 g heavy cream 35%, ice-cold
- 100 g icing sugar
- 1 teaspoon(s) [vanilla extract](#)

To assemble

- 150 g [apricot jam](#)
- 20 g rum
- 80 g pistachios

Διατροφικός πίνακας

Nutrition information per portion

480 Calories (kcal)	25.0 Total Fat (g)	14.0 Saturated Fat (g)	53.0 Total Carbs (g)
24%	36%	70%	20%
40.0 Sugars (g)	7.1 Protein (g)	1.2 Fibre (g)	0.26 Sodium (g)
44%	14%	5%	4%