

FRUIT FANTASTIQUE

Creative ÉCLAIRS



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HOW TO CHOUX

HOW TO MAKE ÉCLAIRS

INGREDIENTS

- 75ml (2½ fl. oz.) water
- 55ml (2 fl. oz.) whole milk
- 5g (2oz) butter
- 5ml (1 tsp) vegetable or sunflower oil
- ¼ tsp salt
- 1 tsp sugar
- 90g (3¼oz) plain (all-purpose) flour
- 4 large eggs
- Sprinkle of vegetable oil spray

Variation

To make a chocolate choux pastry, reduce the plain (all-purpose) flour to 75g (2¾oz) and add 25g (1oz) cocoa powder (unsweetened cocoa).

EQUIPMENT

- Medium-sized pan
- Woodsen spoon
- Baking sheet
- Non-stick baking (parchment) paper/ reusable silicone liners (bake-o-gel)
- Disposable piping (pastry) bag
- 15 mm (¾ in) plain round piping nozzle (tip) for petit éclairs, or 8 mm (⅝ in) French-style serrated nozzle (22) for éclairs

Makes approximately 7 x 5cm (2½ in) éclairs
15 x 12cm (17½ in) éclairs, 18 x 10cm (7 in) éclairs

MAKING CHOUX PASTRY

METHOD

1. Place the water, milk, oil, salt and sugar in a medium pan and bring to a boil, stirring frequently until the butter has melted. Stir the mixture until the water











































FRUIT FANTASTIQUE

STRAWBERRIES & CREAM

Makes 5 x 12cm
(2 1/4 x 1/2) éclairs

INGREDIENTS

1 x quantity choux pastry
(see [How to Make Choux](#))

150g (1/2 lb) strawberries

1 x quantity vanilla Chantilly cream,
made with 500ml
(18 fl oz) double (heavy) cream
(see [Filling & Topping Recipes](#))

S icing (confectioners')
sugar, to dust

METHOD

1. Preheat oven to 180°C/
350°F (MFC/320°F/Gas Mark 4). Fill a
pastry bag with piped choux pastry from
2X. Pierce a flap at the coiled end of
pastry (tip of 1/2 inch (4cm) tubular nozzle
being ahead) and with non-stick baking
brush brush the exterior with egg white
(see guide). Spray the éclairs with
oil and spray them with frozen fruit bases
in the preheated oven for 15 minutes.
A little golden brown, the fruit bases
need to allow to cool completely.

2. Wash and hull the strawberries as
mentioned.

TIP

When strawberries are not in
season, you can replace with
other seasonal fruits. Or you could
use more of a good quality
strawberry preserve instead.

ASSEMBLY

1. Slice the cream filling straight in the
middle (see [Filling, Dipping & Serving](#)).

2. Place the vanilla Chantilly cream
in a piping bag with piped choux
and use a narrow piped tube to pipe the
cream into the top of each éclair.

3. Top with the sliced strawberries.

4. Dust the éclairs with icing sugar
and dust with a little icing
sugar on the small sugar base.

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