

FRUIT FANTASTIQUE

# Creative ÉCLAIRS



RUTH CLEMENS



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
- Sprayer or 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 pot
- Woodsen spoon
- Baking sheet
- Non-stick baking (parchment) paper/ reusable silicone liners (bake-o-grease)
- Disposable piping (pastry) bag
- 15 mm (¾ in) plain round piping nozzle (tip) for pain à la choux, 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 pot and bring to a boil, stirring frequently until the butter has melted. Stir to combine and then add the flour.















































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 Crème  
à la Parisienne (made with 500ml  
(18 fl. oz.) double (heavy) cream  
(see [Filling & Topping Recipes](#))

Sanding (optional)  
sugar, to dust

## METHOD

**1.** Preheat oven to 180°C  
(350°F) (MFC/DA/FF/Convection). Fill a  
pastry bag with pipette nozzle with choux  
pastry. Pipe a tip of the choux pastry  
into the tip of a 12cm (4 3/4 in) plain round  
being ahead lined with non-stick baking  
paper. Use a small brush to smooth lines  
(see guide). Spray the éclairs with  
oil and spray them with brown and hazel  
in the preheated oven for 15 minutes.  
A little golden brown. The éclairs will  
take 10-15 minutes to cook completely.

**2.** Wash and hull the strawberries  
and cut in half.

## 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.** Split the cream filling down the top  
of the (see [Filling, Dipping & Serving](#))

**2.** Place the vanilla Crème à la Parisienne  
in a piping bag with pipette nozzle  
and use a narrow tip to pipe the  
cream on the top of the éclairs. (See [Filling](#))

**3.** Top with the strawberries.

**4.** Use a fine meshed sieve to  
dust with a little icing  
sugar on the top of the éclairs.



- [download online Growing Up Amish: A Memoir](#)
- [\*\*Good Practices And Innovative Experiences In The South: Volume 1: Economic, Environmental and Sustainable Livelihood Initiatives pdf\*\*](#)
- [click Subverting the Leviathan: Reading Thomas Hobbes as a Radical Democrat](#)
- [read online The Welsh Girl](#)
  
- <http://sidenoter.com/?ebooks/Framed--America-s-51-Constitutions-and-the-Crisis-of-Governance.pdf>
- <http://reseauplatoparis.com/library/Good-Practices-And-Innovative-Experiences-In-The-South--Volume-1--Economic--Environmental-and-Sustainable-Livel>
- <http://reseauplatoparis.com/library/Third-Book-of-Swords.pdf>
- <http://honareavalmusic.com/?books/The-Welsh-Girl.pdf>