

FRENCH PASTRY CREAM PUFFS (ÉCLAIRS)

F EASY

Last Modified: 02/05/2016

PREP: 30 Min
COOK: 30 Min
OVEN: 375

BREADS

MAKES 12 To 24 ECLAIRS

QUA	MEASURE	INGREDIENT	PROCESS
1	Recipe:	Breads - French Pastry - Cream Puff Dough	(Pate a Choux)
1	Large	Egg	Wash

PREPARATION

FACTOID	French Eclairs are long, thin Puff Pastries with a large air pocket inside suitable for stuffing with any number of sweet or savory things.
OPTION	You may dip these in any of the Pastry Glaze recipes, drizzle with any number of sauces and even fill them with Ice Cream or Cream Filling.
HINTS	A parchment paper trick: Parchment paper ALWAYS curls up on the edges. Place it on the sheet pan so the corners curl up. Place a small dollop of the Pate a Choux dough in each corner and use it as a glue to hold down the floppy corners.
TOOLS	1) Pastry Piping Bag & Tips 2) Small Mixing Bowl 3) 2 - Aluminum Half Sheet Pans
PREP	DISH 1) Preheat the oven to 375 degrees with racks located in the upper and lower thirds.
1	Whisk together the Egg Wash by mixing the Egg with 1 tablespoon of Water in a small mixing bowl and set it aside.
2	Line the two sheet pans with parchment paper. With a ruler and a pencil, mark lines about 3 1/2 inches long on the parchment, spacing them about 1 1/2 inches apart. Turn the parchment over so the marked sides are down (see through). Fill a pastry bag fitted with a 5/8 inch plain tip with the Pate a Choux (See Pictures).
3	Pipe the Dough along the lines drawn on the prepared sheet pans. Make the Dough strips roughly 1 1/2 inches wide. Rotate the bag slightly to release the Dough after it's the correct length. Gently smooth the tops with a moistened fingertip to ensure even rising. Brush the top of each Eclair with the Egg Wash.
4	Bake until puffed and golden brown, about 25 minutes. The Eclairs should feel light and airy. Remove the Eclairs from the oven and transfer the parchment paper sheets to wire racks to cool completely.
5	Fill each Eclair from both ends with the Cream Filling. Dip the tops in Maple Glaze or drizzle them with Chocolate or Hot Fudge Sauce.
6	Whatever you choose to do to them, these will be to die for.....
SERVE	Sprinkle the top with Confectioners Sugar and serve immediately - They do NOT keep