

# FRENCH PASTRY CREAM PUFFS SAUCES & FILLING

F EASY

Last Modified: 02/05/2016

PREP: Various  
COOK: Various  
STOVETOP

BREADS

VARIOUS

QUA	MEASURE	INGREDIENT	PROCESS
-----	---------	------------	---------

## CHOCOLATE SAUCE

9	Oz	Bittersweet Chocolate	Fine Chop
1	Cup	Whole Milk	
3	Tbsp	Heavy Cream	
1/4	Cup	Superfine Sugar	
2	Tbsp	Unsalted Butter	Diced

## HOT FUDGE OR BUTTERSCOTCH SAUCE

6	Oz	Semi-Sweet Chocolate	Chopped
OR			
6	Oz	Butterscotch Chips	
1/4	Cup	Light Corn Syrup (Karo)	
3/4	Cup	Heavy Cream	

## MAPLE EXPRESSO GLAZE

4	Tbsp	Heavy Cream (Plus a bit if necessary)	
4	Tsp	Instant Espresso Powder	
1/4	Cup	Pure Maple Syrup	
2	Cups	Confectioners Powdered Sugar	Sifted

## PASTRY CREAM FILLING

1	Whole	Vanilla Bean	
2	Cups	Whole Milk	
1/2	Cup	Granulated Sugar	
PLUS			
2	Tbsp	Granulated Sugar	
6	Large	Egg Yolks	
2	Tbsp	Rice Flour (For Lightness)	
2	Tbsp	Corn Starch	
2	Tsp	Unsalted Butter	
2	Cups	Heavy Cream	

## PREPARATION

<b>TOOLS</b>	1) Small Mixing Bowl 2) Wooden Spoon 3) Small Saucepan 4) Pastry Piping Bag & Tips (For Cream filling) 5) Fine Wire Strainer
--------------	--

# FRENCH PASTRY CREAM PUFFS SAUCES & FILLING

1	<b>CHOCOLATE SAUCE:</b> Place the Chocolate in a heatproof bowl over a pan of hot water to melt gently, stirring occasionally with a wooden spoon.
2	<b>CHOCOLATE SAUCE:</b> In a small saucepan over medium heat, add in the Milk, Cream, and Superfine Sugar and bring to a boil while whisking continuously.
3	<b>CHOCOLATE SAUCE:</b> Remove from the heat. While still whisking, pour in the melted chocolate and then return to the heat. Still whisking, let the Sauce bubble briefly over medium heat.
4	<b>CHOCOLATE SAUCE:</b> Turn off the heat and whisk in the pieces of Butter, one at a time. Pass the Sauce through a fine wire strainer into a bowl, cover with plastic wrap, and keep warm until ready to use.
5	<b>CHOCOLATE SAUCE:</b> Drizzle the Sauce over the top of each Cream Puff and serve immediately.
1	<b>HOT FUDGE SAUCE:</b> In a small saucepan over medium low heat, combine the Corn Syrup and Chocolate. Stir continuously with a wooden spoon until smooth, 4 to 5 minutes. Remove from the heat.
2	<b>HOT FUDGE SAUCE:</b> Whisk in the Heavy Cream until smooth. Serve right away, or let cool to room temperature before transferring to an airtight container. (Sauce can be refrigerated for up to 3 weeks. To serve, warm either over low heat or in a microwave.)
3	<b>HOT FUDGE SAUCE:</b> Drizzle the Sauce over the top of each Cream Puff and serve immediately.
1	<b>MAPLE EXPRESSO GLAZE:</b> In a small bowl, whisk to combine the Heavy Cream, Espresso Powder and Maple Syrup.
2	<b>MAPLE EXPRESSO GLAZE:</b> Slowly add in the Confectioners Sugar while whisking until smooth. If too thick, add in a little extra Heavy Cream.
3	<b>MAPLE EXPRESSO GLAZE:</b> Dip the top of each Cream Puff into the Maple Espresso Glaze; allow the excess to drip off, and place them, coated side up, on a wire rack set over a rimmed sheet pan. Refrigerate the Cream Puffs in a single layer until the Glaze has fully set, about 10 minutes, and serve immediately.
1	<b>PASTRY CREAM:</b> Slice the Vanilla Bean in half lengthwise. Lay the cut side up on a cutting board and scrape out the seeds and goo with a kitchen knife.
2	<b>PASTRY CREAM:</b> In a heavy saucepan over low heat, add in the Milk, 1/2 cup of Sugar, Vanilla Bean, the Seeds and Goo. Scald the mixture (until it steams and bubbles start to form around the edges of the pan - do NOT allow it to boil), while stirring occasionally and immediately remove it from the heat. Turn the heat up to medium high.
3	<b>PASTRY CREAM:</b> In a bowl, Add in the Egg Yolks and the remaining 2 tablespoons of Sugar. Beat until thickened. Sprinkle in the Flour and Corn Starch and continue beating
4	<b>PASTRY CREAM:</b> Slowly beat 1/2 of the Scalded Milk Mixture into the Egg Yolk Mixture to "temper" the Egg Yolks. Return the Milk & Yolk mixture into the saucepan with the remaining Scalded Milk. Quickly return to a boil while stirring rapidly to prevent scorching.
5	<b>PASTRY CREAM:</b> Remove from the heat and strain through a fine wire strainer into a bowl to cool. Stir in the Butter, Cover with plastic wrap, pressing it directly on top of the mixture to prevent a skin from forming. Transfer the bowl to the refrigerator to cool completely. Just before using, gently fold in the softly whipped Heavy Cream.
6	<b>PASTRY CREAM:</b> Gently transfer the Pastry Cream into a piping bag fitted with a long 1/8 inch plain tip. Insert the tip fully into the air pocket of the Cream Puff and squeezing gently, fill with the Pastry Cream while slowly pulling the tip out. Fill Eclairs from BOTH ends.