

CHOCOLATE ÉCLAIR

MAKES 6 ÉCLAIRS

INGREDIENTS

For the choux pastry

- White Bread Flour
110 g | 3.9 oz
- Large Eggs
x 3 | 150 g | 5.3 oz
- Whole / Full Cream Milk
88 g | 3.1 oz
- Water
88 g | 3.1 oz
- Unsalted Butter
77 g | 2.7 oz
- Dark Chocolate
60 g | 2.1 oz
- Sugar
6 g | 0.21 oz
- Salt
4 g | 0.14 oz
- Sourdough Starter
(Opt.) 40 g | 1.4 oz

For the egg wash

- Large Egg
x 1 | 50 g | 1.8 oz
- Whole/Full Cream Milk
5 g | 0.17 oz

INGREDIENTS CONTINUED

For the pastry cream

- Whole / Full Cream Milk
188 g | 6.6 oz
- Dark Chocolate
83 g | 2.9 oz
- Egg Yolks
x 3 | 51 g | 1.8 oz
- Sugar
45 g | 1.6 oz
- Corn Starch
14 g | 0.5 oz

For the glaze

- Heavy Cream
105 g | 3.7 oz
- Dark Chocolate
100 g | 3.5 oz

METHOD

Prepare your sourdough starter (Optional) - The night before

1. In your container, mix in 4 g | 0.14 oz of Mature Starter, 23 g | 0.8 oz of White Bread Flour and 23 g | 0.8 oz of Water.

Prepare the choux pastry

1. In a stove pot add your Milk, Water, cubed Butter, Salt & Sugar.

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METHOD CONTINUED I

2. Move your pot to the stove on medium heat to bring it to a simmer. Stir frequently to prevent burning.
3. Once the liquids start to bubble add your Flour as well as the optional Mature Sourdough Starter.
4. Stir for 1 - 2 minutes until incorporated into a dough. Then switch off the heat & move your dough into a large bowl.
5. Then - add your Eggs one at a time, mixing in between each Egg.
6. Cover your bowl with a wet cloth.
7. Take out a baking tray and line it side to side with parchment paper.
8. Move your choux pastry into a piping bag with a 2 cm | 0.8 in. wide nozzle.
9. On the baking tray pipe the choux pastry into 3 parallel strips roughly 30 cm | 12 in. in length.
10. Prepare an egg wash by mixing the Egg & Milk and then gently apply it to the surface of your choux pastry using a brush.
11. Move your tray into the freezer for 2 hours.

Make the pastry cream

1. Separate your Egg Yolks from the rest of the eggs.
- Carefully crack your pastry cream's Eggs into a small bowl & use your hand to scoop out each individual yolk into a large bowl.
2. To that add your Sugar, Cornstarch & give the mixture a whisk until incorporated.
3. In stove pot add your Milk and put it on low to medium heat.

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METHOD CONTINUED II

4. When the Milk begins to simmer, switch off the heat & begin adding the Milk 1 Tbsp. (15 g | 0.53 oz) at a time to the egg mixture. Whisk until incorporated before adding the next Tbsp. of Milk.
5. Once you've slowly added half of the Milk, pour in the remaining half and whisk for an additional 30 seconds.
6. Pour the contents of the bowl back into your stove pot and put it on low to medium heat.
7. Add your cubed Dark Chocolate and stir continuously to prevent burning.
8. When the pastry cream begins to rapidly thicken take it off the heat & continue stirring.
9. Transfer the cream into a bowl & cover the top before moving it to the freezer for 5 minutes.
10. Move it from the freezer to the fridge to cool for an additional 30 minutes.

Bake the choux pastry

1. Once your choux pastry has finished its two hours in the freezer, add a baking tray with approximately 2 Cups (480 g | 16.9 oz) of Water to the bottom of your oven.
2. Preheat your oven to 220°C | 428°F for 20 minutes.
3. While your oven is preheating, take out your frozen choux pastry & cut each strip in half widthwise.
4. Place each piece in diagonal rows (replace the parchment paper if torn or damaged) & cover with another baking tray if your oven hasn't finished preheating.
5. Once preheated, uncover your baking tray & place it in the middle rack of your oven to bake at 220°C | 428°F for 15 minutes.

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METHOD CONTINUED III

6. Once those 15 minutes are over remove the tray of water from your oven, rotate your pastry tray 180°.
7. Bake at 190°C | 374°F for an additional 20-25 minutes or until golden brown.
8. Once baked, let your choux pastries cool off at room temperature on a metal rack for 10 minutes.

Prepare the chocolate glaze

1. While waiting for the choux pastries to cool down, take out your pastry cream from the fridge to come back up to room temperature.
2. In a small stove pot add your Heavy Cream and put it on low to medium heat.
3. As soon as the Cream begins to simmer, switch the heat off & add in your cubed Dark Chocolate. Stir until incorporated.

Assemble your chocolate éclairs

1. (Optional) - Soften up your pastry cream in the microwave for 20 seconds to make it easier to pipe into your éclairs.
2. Add your pastry cream into a piping bag with a ½ cm | 0.2 in. wide nozzle.
3. Add your chocolate glaze into a wide container.
4. Cut three 1 cm | 0.4 in. wide holes into the bottom of each choux pastry making sure not to cut too deep.
5. Generously pipe the pastry cream into the base of every éclair at each perforation filling them as much as possible.
6. Dunk each éclair, top side down, into the chocolate glaze.
7. Let the glaze set for 3 minutes.

