

The Chocolate éclair



Serves :

16 eclairs



Prep :

1h30



Rest :

Freezing : 20 min.
Refrigeration : 3h



Cook :

Temperature : 320°F
Time : ≈ 55 min.

Special equipment

Round plain pastry tip, 18 mm

Small spray bottle

Filling tip

List of recipes

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- ✓ Chocolate cream filling
- ✓ Fondant glaze
- ✓ Chocolate glaze
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Steps

D-Day

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Choux pastry

Ingredients

- ☑ 125 g ~ Milk
- ☑ 125 g ~ Water
- ☑ 2 g ~ Salt
- ☑ 4 g ~ Superfine sugar
- ☑ 115 g ~ Butter
- ☑ 125 g ~ All-purpose flour
- ☑ 210 g ~ Whole egg (x5)
- ☑ 15 g ~ Milk (optional)

- Prepare 125g of sifted all-purpose flour and 210g of beaten eggs.
- In a saucepan, pour:
 - 125g of water,
 - 125g of milk,
 - 2g of fine salt,
 - 4g of superfine sugar,
 - 115g of soft butter.
- Melt the butter over low heat without boiling the milk.
- Once melted, bring the milk to a boil over high heat.
- Remove from the heat and pour the sifted flour all at once into the milk.
- Mix vigorously with a spatula. The dough should come away from the side (approximately after 15 seconds).
- Return to medium heat to dry out the dough (for about 2 minutes). It should form a thin film on the bottom.
- Pour the dough into the bowl of a stand mixer to cool it down using the paddle attachment at speed 1.
- When the dough is around 50°C/122°F, gradually add the beaten eggs without exceeding 210g of eggs.
- If the dough creates a ribbon that drips slowly, it is perfect. If it is too thick, it is possible to add up to 15g of milk.
- Pipe the preparation (with an open star or round nozzle of 16mm or 18mm). To reduce bubbles in the dough, flatten the piping bag with your hands.
- Refrigerate for 2 hours.
- Take the dough out of the refrigerator so that it is at room temperature (around 1 to 2 hours).
- On a perforated tray covered with a perforated silicon mat, mark the impressions of the éclairs using a mold.
- Pipe regular éclairs 12-13cm long and flatten the tips with a little water.
- Melt a little coconut oil (20 sec at 800W) in the microwave, spray the éclairs and sprinkle them with powdered sugar.
- Freeze for 20 minutes..



Baking

- Preheat the oven to 160°C/320°F.
- Bake for 55 minutes in a static oven at 160°C/320°F.
- Place the eclairs on a rack.
- Pierce the eclairs from below.



Ingredients

- ☑ 100 g ~ Butter
- ☑ 500 g ~ Whole milk
- ☑ 100 g ~ Superfine sugar
- ☑ 50 g ~ Cornstarch
- ☑ 2 ~ Egg yolks
- ☑ 150 g ~ Dark chocolate (70%)

The chocolate cream

- Prepare 100g of soft butter, cut into cubes.
- Heat 500g of whole milk and 50g of superfine sugar in a saucepan over medium heat.
- Meanwhile, in a mixing bowl, pour in 2 egg yolks and 50g of sugar.
- Whisk until the yolks turn pale and add 50g of cornstarch. Whisk again. If the mixture is too thick, add a little of the milk that is heating up.
- When the milk comes to a boil, pour 2/3 of it into the egg mixture.
- Whisk and then pour the mixture back into the saucepan with the remaining milk.
- Continue to whisk over medium heat. When the mixture begins to bubble, whisk for 2 minutes.
- The cream becomes smooth and shiny.
- In the bowl of a stand mixer, place the hot cream and 150g of dark chocolate.
- Mix with the whisk attachment for 5 minutes (gradually increasing the speed) to melt the chocolate.
- Then add the soft butter and continue mixing for 3 minutes, gradually increasing the speed.
- The cream should be smooth and shiny.
- Pour the cream into a piping bag fitted with a filling nozzle.
- Fill the pre-pierced choux pastry.
- Remove any excess cream with a knife.
- Refrigerate until ready to serve.



Ingredients

- ☑ 675 g ~ Superfine sugar
- ☑ 75 g ~ Glucose
- ☑ 225 g ~ Water
- ☑ Some cane syrup
- ☑ 1-2 tbsp cocoa powder

The fondant glaze

- Melt 400g of fondant in a double boiler (see fondant recipe sheet).
- Add cane syrup to thin it out.
- Do not exceed 37°C/99°F.
- Add 1 to 2 tablespoons of cocoa powder.
- Mix the mixture.
- Dip the top of the éclair into the glaze.
- Smooth out the glaze with a finger.



Ingredients

- ☑ 250 g ~ Whipping cream (30% fat)
- ☑ 60 g ~ Butter
- ☑ 60 g ~ Acacia honey
- ☑ 150 g ~ Dark chocolate (66%)

The chocolate glaze

- In a saucepan, pour:
 - 250g of whipping cream
 - 60g of acacia honey.
- Prepare 150g of dark chocolate (66%) in a bowl.
- Cut 60g of soft butter into small cubes.
- Boil the cream and honey on medium heat.
- Pour the mixture over the chocolate, let it sit for 2 minutes, then gently stir to obtain a smooth and homogeneous cream.
- When the cream has cooled down to 40°C/104°F, add the soft butter.
- stir until the butter has completely melted.
- The glaze can be applied around 35-37°C/95-99°F.



Ingredients

- ☑ 75 + 48 g ~ Water
- ☑ 205 g ~ Superfine sugar
- ☑ 75 g ~ Cocoa powder
- ☑ 140 g ~ Whipping cream (30% fat)
- ☑ 8 g ~ Gelatin (200 blooms)

The mirror glaze

- Prepare 8g of gelatin (200 blooms) with 48g of water.
- Let it rest in the refrigerator for 20 minutes.
- Sift 75g of cocoa powder.
- In a saucepan, pour 205g of sugar and 75g of water and bring to a boil until it reaches 103°C/218°F (on medium heat).
- Add the cocoa powder and mix with a spatula.
- Heat 140g of heavy cream in the microwave for 1 minute (800w). Add the gelatin (make sure the cream doesn't exceed 60°C/140°F, otherwise it could damage the gelling power of the gelatin).
- Add the cream to the cocoa mixture and gently mix with the spatula.
- Pour the mixture into a narrow container and blend to eliminate bubbles and smooth the mixture.
- Strain through a sieve, cover with plastic wrap, and let it rest (ideally overnight).
- The glaze should be used between 30°C/86°F and 33°C/91°F.



Tips

❖ Recipe for Valrhona chocolate cream:

The process is the same but the ingredient list is as follows:

- 330g of Whipping cream (30% fat content)
- 130g of Whole milk
- 36g of Sugar
- 35g of Cornstarch
- 3 Egg yolks
- 150g of Dark chocolate (66%)

❖ Glaze:

I advise you to buy the fondant as it is not always so easy to make and it is really cheap.