

Eclairs

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Servings: 18

Yield: 2 1/2 lb Dough

8 fluid ounces milk, 2% lowfat
8 fluid ounces Water
1 1/2 teaspoons Salt
2 teaspoons Granulated sugar
7 1/2 ounces Unsalted butter
8 ounces All-purpose flour
6 each Eggs

Preheat the oven to 425°F (220°C). Line a sheet pan with parchment. Have a pastry bag with a large plain tip ready.

Place the milk, water, salt, sugar and butter in a saucepan. Bring to a boil. Make sure the butter is fully melted.

Remove from the heat and immediately add all the flour. Vigorously beat the dough by hand. Put the pan back on the heat and continue beating the dough until it comes away from the sides of the pan. The dough should look relatively dry and should just begin to leave a film on the saucepan.

Transfer the dough to a mixing bowl and allow it to cool briefly to a temperature of approximately 130°F (54°C) or lower. Using the mixer's paddle attachment, begin beating in the eggs one at a time.

Continue to add the eggs one by one until the mixture is shiny but firm. It may not be necessary to use all of the eggs. The dough should pull away from the sides of the bowl in thick threads; it will not clear the bowl.

Put a workable amount of dough into the pastry bag and pipe onto the sheet pan in the desired shapes at once. (Spraying the inside of the pastry bag with vegetable cooking spray will help keep the sticky éclair paste from clinging to the inside of the bag and make cleanup easier.

Bake immediately, beginning at 425°F (220°C) for 10 minutes, then lowering the heat to 375°F (190°C) for another 10 minutes. Continue gradually lowering the oven temperature every few minutes until it reaches about 200°F (90°C) or until the shapes are brown and dry inside. Open the oven door as little as possible to prevent rapid changes in the oven's temperature.

Cool completely, the fill as desired. Leftovers can be frozen or stored at room temperature.

**For a crisper product, replace the milk with water.*

Per Serving (excluding unknown items): 161 Calories; 11g Fat (63.8% calories from fat); 4g Protein; 11g Carbohydrate; trace Dietary Fiber; 89mg Cholesterol; 205mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.