

CHOUX PASTRY BITES AND ÉCLAIRS WITH LIGHT CREAM



FOR 6 PEOPLE :

Difficulty: Moderate

For the choux pastry

- ½ l water
- 100g butter
- 3g salt
- 150g flour
- 4/5 eggs
- ¼ l liquid cream for the Chantilly + 20g Natsuc sugar

For the pastry cream

- ½ l milk
- 1 vanilla pod

- 3 egg yolks
- 80g flour
- 45g cornstarch
- 100g Natsuc sugar
- Making the pastry cream
- Heat the milk with 1 vanilla pod split into 2
- Blanch the sugar and yolks
- Pour the milk over the eggs and sugar and add the cornstarch, whisk together
- Return the mixture to the pan and cook for 3 minutes
- Chill the pastry cream.

Choux pastry

- Heat the water, add a pinch of salt and the butter
- Sprinkle in the flour, mix well and dry out on the stove using a wooden spatula.
- Add the eggs one by one, stirring briskly until smooth.
- Preparing and baking the choux
- Fill a plain piping bag then place the choux pastry or éclairs on a baking sheet covered with a sheet of Flexipan.
- Bake at 180°C (pre-heat the oven for 15 min beforehand) for 15 min.
- Filling the choux pastries or éclairs
- Make a tiny hole underneath each choux pastry bite.
- Squeeze the cream (pastry or light cream) into the pastry using the piping bag.
- Ice the pastries with fondant at room temperature.