

CHOUX US YOUR ECLAIRS
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bakedincakes

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Chocolate and Caramel Eclairs Ingredient Kit

Plain white flour (**wheat** flour, statutory nutrients: calcium, niacin, iron, thiamin), Caster Sugar, Icing Sugar, (sugar, anti-caking agent: corn flour), Salt (salt, anti-caking agent: sodium ferrocyanide), Ground Madagascan Vanilla, Belgian white chocolate chunks (sugar, whole **milk** powder, cocoa butter, skimmed **milk** powder, emulsifier: **soya lecithin**, natural vanilla flavouring), Belgian Milk Chocolate (Sugar, Cocoa liquor, Cocoa butter, Fat-reducing cocoa powder, Whole **Milk** powder, Skimmed **Milk** Powder, Whey Powder, Cream Powder, **Milk** Fat, **Lactose**, Emulsifier, Natural Vanilla Flavouring)

Allergens: for allergens, see ingredients in **bold**.

Prepared in a factory that handles wheat, milk, soya and nuts.

Nutritional information per 100g (as sold): Energy 419kcal/ 1769kJ, Protein 4.9g, Carbohydrates 79g (of which sugars 59g), Fat 9g (of which saturates 5.4), Salt 0.63g.

Best before: see sticker. Store in a cool, dry place.

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525g



CHOCOLATE AND CARAMEL ECLAIRS

Take some time out and indulge with these light choux pastry filled cakes. Topped with sweet chocolate and sticky caramel.

SKILL LEVEL:



PREP TIME:

1 HOUR

BAKE TIME:

25 MINS

MAKES:

12 ECLAIRS
(24 MINI ECLAIRS)

YOU WILL NEED:

- 120ml + 1 tbsp milk
- 120ml water
- 160g unsalted butter (100g + 60g)
- 5 medium eggs
- 540ml double cream (60ml+120ml+360ml)
- 1 large baking tray or 2 smaller baking trays

IN THE KIT:

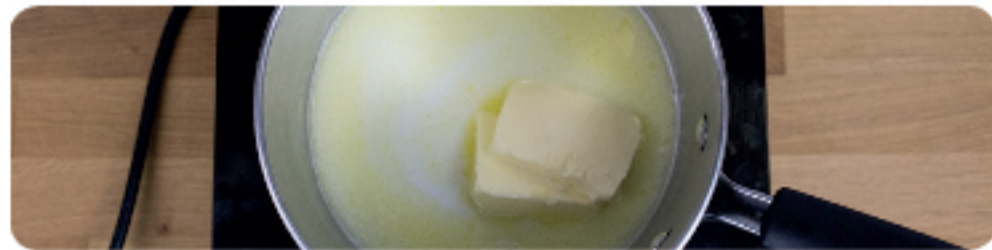
- Bag 1 • 5g caster sugar
- 3g salt
- Bag 2 • 150g plain flour
- Bag 3 • 100g milk chocolate
- Bag 4 • 200g caster sugar
- 1/4 tsp vanilla
- Bag 5 • 20g icing Sugar
- Bag 6 • 50g white chocolate

- 2 piping bags
- 4 sheets A4 baking paper
- Butter measure

TOP TIP - Measure out all of the wet ingredients before you start - everything happens quite quickly and it helps to be prepared...

Michel Roux
★ ★ ★

1. Put 120ml milk, 120ml water, 100g butter, salt and sugar (Bag 1) into a saucepan and put on a low heat until the butter is melted.



2. Bring to the boil then immediately remove the pan from the heat and add the flour (Bag 2) - quickly and all in one go. Mix thoroughly with a wooden spoon until completely smooth. Return the pan to a medium heat and stir for about 1 minute to slightly dry out the mixture.



3. Remove from the heat and transfer the mixture to a bowl. Add 4 eggs, one by one, beating with a wooden spoon all the time until the pastry is smooth and silky.



4. Pre-heat your oven to 200°C (180°C fan assisted)/ gas mark 4/ 350°F and line a baking sheet with baking paper.



5. Whilst the raw choux pastry is still warm, fill a piping bag with the mixture - it helps to put the bag into a tall glass and fold the edges over the sides. Close the top of the piping bag with a plastic clip or just twist it and hold closed with one hand. Cut the tip off the narrow end of the bag so the hole is around 2cm in diameter.



6. For mini eclairs: pipe around 24 eclairs around 6cm long. **For large eclairs:** pipe 12 long eclairs around 10cm long. Shape the ends so that they are slightly rounded. You can tidy them up using the back of a teaspoon dipped in hot water. Space them well apart as they grow larger.



7. Make the egg wash by beating an egg yolk with 1tbsp milk. Brush the egg wash over the eclairs and bake in the oven for about 20-25 minutes. They need to be dry and crisp and golden brown on the outside.



8. Place on a wire rack to cool and prick each one in the side with a fork to allow the steam to escape.



9. Chocolate Topping: Empty the milk chocolate (Bag 3) and 60ml of the cream in a pan on a gentle heat. When the chocolate is melted transfer it to a bowl and pop in the fridge to cool for 15 minutes.



10. Caramel Topping: In a small saucepan, add the caster sugar and vanilla (Bag 4) and cook on low heat, stirring continuously until the sugar is smooth and light brown. Take off the heat and add 60g of butter and slowly add 120ml of double cream and continue to mix together until the sauce thickens.



11. Whip 360ml of double cream and fold in 20g icing sugar (Bag 5). Fill the 2nd piping bag with the cream in the same way you did with the pastry.



12. When the eclairs are cool, cut a small slit in the side of each and pipe some cream in. Spread the toppings onto the eclairs - depending on your preferences. Place the white chocolate (Bag 6) into a mug of boiling water, allow to melt then snip the corner off the bag and drizzle the tops of the eclairs with white chocolate.

