

Eclairs

Ingredients

Choux Pastry

62g Plain Flour
50g Butter or Block Margarine
2 Eggs
140ml Water

Filling and Topping

75g Plain Chocolate
140ml Double Cream
1tbsp Caster Sugar

Equipment

All equipment is provided by school

REMEMBER TO BRING CONTAINER AND LID TO TAKE YOUR FOOD HOME

★ Aim higher

Try adding a flavouring into the cream filling - strawberry juice, cocoa powder, coffee powder

Use white chocolate for the topping and dust with cocoa powder or lace with melted milk chocolate.

Oven temperature: **Gas mark 5 or 180°C or 160°C fan**

Method

INFO: You need to "shoot the flour into the water rapidly, hence the need for folded greaseproof paper. ***Make sure the ingredients are weighed accurately.***

1. Fold a square of greaseproof paper into two, and open back out. Sieve the flour onto the greaseproof paper.
2. Beat the eggs.
3. Add the water to the saucepan and cube the fat into the water. Heat on the hob (Full heat) until the fat has melted, and the mixture just begins to bubble. **Turn off the heat** and quickly add the flour.
4. Add the flour in one go and beat vigorously until the mixture becomes a smooth ball of paste that leaves the sides of the saucepan clean. Beat for approx. 60 seconds while the saucepan is still on the hob (But the heat is off). Remove from the heat and let it cool for a few minutes.
5. Beat the beaten eggs into the mixture a little at a time until you have a glossy paste, which has a thick dropping consistency. (It should just drop off the spoon) ***You may not need all the egg.*** The mixture is now ready for use.
6. Pipe 7cm stripes of pastry on to a greased tray using a 2.5cm plain nozzle in a piping bag
7. Bake for 25 - 30 mins, at the top of the oven until well risen and golden.
8. Spilt down the side with a sharp knife, cool and fill with whipped double cream.
9. Cover with melted chocolate.