



500+
Step-by-Step
Photos

ÉCLAIRS

Easy, Elegant & Modern Recipes

มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

ห้องสมุดสาขาโชติเวช



202003593

Christophe Adam

AUTHOR'S NOTE

You may think that this is yet another book on éclairs.
But treat this one as more of a private lesson in
your own kitchen with me by your side.

The éclair is an exercise in style that I have been
perfecting for over twelve years. To me, the éclair is
a gourmet delight that allows me to marry fruits, flavors
and textures in unlimited creative fashion.

With more than twenty inventive recipes on top of some
fifteen basic ones, I promise you will have plenty to please
everyone, from family and friends to formal guests.

This book will help you practice all the basics until
you are comfortable inventing your own recipes.

A final word of advice: be pragmatic and creative,
and all your éclairs, from classic to ultra-chic,
are destined for greatness.

— *Christophe Adam*

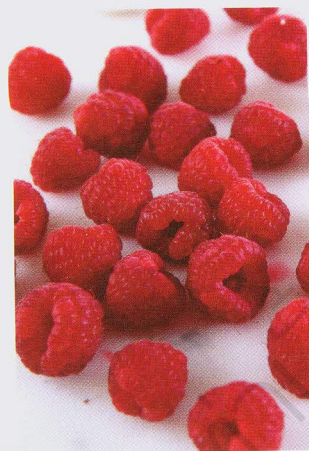
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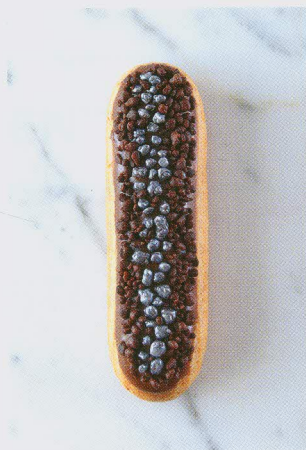


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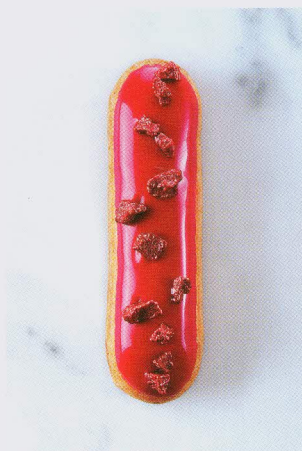


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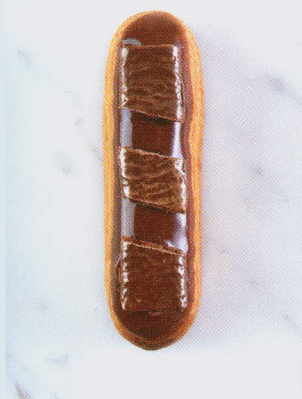
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Ingredients

- **Chocolate:** Buy the best quality chocolate and compound chocolate possible for the truest flavor and best texture. The pistoles or callets make for easy weighing and use since they don't need further chopping before melting.
- **Clear glaze:** A thickened glucose syrup product designed for glazing pastries, called a mirror glaze or piping gel. It is available at cake decorating supply stores, craft and bulk stores with a baking section and online. Be sure the product you buy can be warmed.
- **Food color:** Powdered food color is specified in some recipes, but in general any paste or gel will work as well. For the most vivid results, look for high-quality, intense colors at cake decorating supply stores and at craft and bulk stores with a baking section and online. Remember a little goes a long way when adding to choux pastry and glazes.
- **Fruit purées:** Look for prepared fruit purées at confectionery or cake decorating supply stores and online. Choose a product with natural fruit and as few added ingredients as possible. If using a frozen product, let it thaw completely before adding to your recipe.
- **Shimmer powder or luster dust:** These are very fine powders in vivid colors and metallics. They are available at confectionery and cake decorating supply stores, some well-stocked craft stores and online



Equipment

- Kitchen scale
- Saucepan
- Mixing bowl
- Large fine-mesh sieves
- Fine-mesh sieves
- Wooden spoon
- Whisk
- Heatproof silicone spatula
- Offset palette knife
- Straight palette knife
- Bowl scraper
- Immersion blender
- Large round pastry brush
- Flat pastry brush
- Pastry bag and piping tips (round and star/fluted)
- Sharp knives
- Toothbrush (clean)
- Fine-tooth grater or citrus zester (such as a Microplane rasp)
- Rolling pin
- Tuile mold
- Silicone baking mat
- Candy thermometer
- Instant-read thermometer



Tips For Making Lavish Gourmet Éclairs

Making éclairs is an exercise in style that requires a certain amount of skill. There are, however, a few simple rules that will help you succeed every time!

Basics

- Before you begin a recipe, carefully read the recipe step by step and prepare all of the ingredients you will need.
- Read the recipe several times if necessary to be sure you have understood all of the steps. Remember that most creams and glazes must be made the day before!
- Always use an immersion blender to mix your glaze after reheating it. This helps to remove air bubbles and results in a smooth and shiny finish.

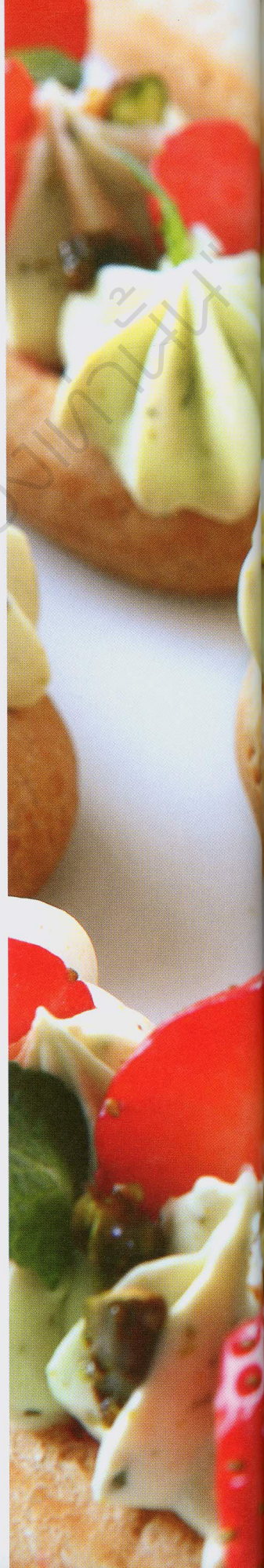
Ingredients


- Always use high-quality ingredients.
- You can find the main ingredients and fresh produce you will need at your favorite grocery stores. The rest of the ingredients can be found at baking and cake-decorating supply stores and through specialized websites—see page 17.
- Always use whole milk products, not fat-free or low-fat versions. If you don't, your cream won't set.

- When you need to add food coloring, it's better to use the gel, paste or powdered form. The color will be purer and you will avoid adding liquid to the glaze, which could alter its texture. However, if you only have liquid food coloring on hand and add only a few drops, the result will be just as satisfactory.
- When measuring ingredients for these recipes, be sure to use one set of measurements, either U.S. volumes and weights or metric volumes and weights; do not use a combination, as that can change proportions, leading to failed recipes. The metric weights are included for main ingredients, so if you have kitchen scales, it's recommended to use weights for optimal accuracy.

Equipment

- Making éclairs does not require using a lot of equipment, but certain items are essential—see page 19.
- To ensure perfect results, pipe your éclairs using a star (fluted) tip that is best suited to the size of éclairs you are making (see page 33).
- To facilitate handling and avoid having a lot of dishes to wash, use disposable plastic pastry bags to pipe your cream. These bags also allow you to cut the exact size of hole to fit the tip you need for piping (small for filling éclairs through the holes in their base, larger for other types of filling).





Storage

- Choux pastry keeps very well in the freezer. You can make a large quantity and freeze it in portions.
- Glaze will keep for up to two weeks in the refrigerator (cover the surface of the glaze with plastic wrap).
- All chocolate decorations can be made several days in advance and stored in an airtight container in a cool, dry place.
- The filled and decorated éclairs themselves are best eaten the same day you make them, but you can also serve them the day after, if needed. Store in an airtight container and refrigerate overnight.

For Every Taste...

- Don't be afraid to use your imagination and vary the colors and decorations on your éclairs.
- You can add flavor to your glazes by adding a few drops of pure extract, such as vanilla, almond, lemon or orange.
- Since glaze keeps well, consider preparing clear glaze in advance that you can color or flavor according to your needs as you make your éclairs.



Craquelin Éclairs

**MAKES
10 CLASSIC ÉCLAIRS**

Preparation time: 30 minutes

EQUIPMENT

- Rolling pin
- Straight palette knife
- Ruler
- Large baking sheet, lined with parchment paper or silicone baking mat

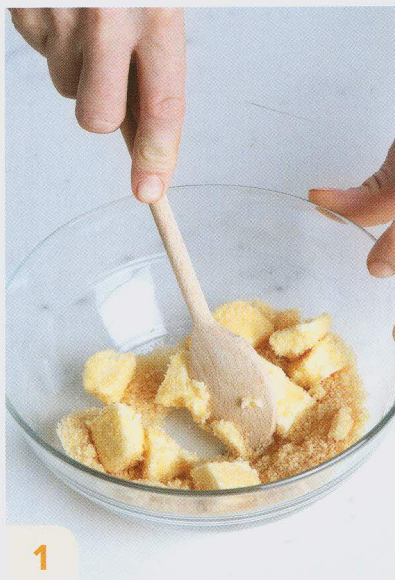
CRAQUELIN

1/3 cup	unsalted butter, cut into cubes, softened	75 mL
7 tbsp	packed brown sugar (100 g)	105 mL
3/4 cup	all-purpose flour, sifted (100 g)	175 mL

CHOUX PASTRY

1	batch Choux Pastry (page 29)	1
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1 CRAQUELIN



In a bowl, using a wooden spoon, mash together butter and brown sugar.



Add flour and stir just until a smooth dough forms (be careful not to overwork). Cover and refrigerate for at least 2 hours.



Place chilled dough between 2 sheets of parchment paper (to prevent dough from sticking) on work surface. Roll out dough into a large square about $\frac{1}{16}$ inch (2 mm) thick. Slide dough, still between parchment, onto a rimless baking sheet and refrigerate for 1 hour, until firm.



Remove top sheet of parchment paper. Using a sharp knife, cut dough into 1-inch (2.5 cm) strips. Cut strips into squares. Transfer to an airtight container and refrigerate until ready to use. Any leftover craquelin dough will keep for up to 3 days.



2 CHOUX PASTRY

Prepare choux pastry following Steps 1 to 9 on pages 30 and 31.

3 ASSEMBLY AND BAKING

Preheat oven to 350°F (175°C).

Using bowl scraper or spatula, fill pastry bag fitted with a 1½-inch (1 cm) round piping tip.



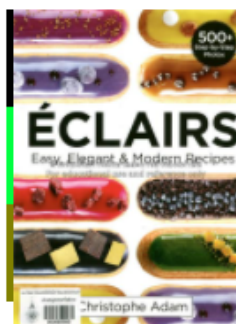
On prepared baking sheet, for each éclair, pipe four 1-inch (2.5 cm) mounds of pastry in a straight line so they are touching each other slightly. Repeat, spacing éclairs at least 2 inches (5 cm) apart (they will expand as they bake), to make 10 éclairs.




Using palette knife or a paring knife, gently place 1 square of craquelin dough on top of each mound of pastry. Bake in preheated oven for 30 minutes, until evenly puffed and golden brown and éclairs feel hollow (they will continue to brown slightly). Do not open oven door while baking or éclairs will collapse. At the end of baking, turn oven off, open oven door about ½ inch (1 cm) and let cool for 15 minutes to let steam escape and prevent éclairs from cracking. Transfer to racks to cool completely.

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