

ÉCLAIRS & PARIS-BREST

FOR 8 PIECES

An éclair is an elongated choux pastry filled with cream and topped with a shiny glaze.

The Paris-Brest, ring-shaped, hides a generous praline cream filling.

Two great French classics, as beautiful as they are delicious.



INGREDIENTS

Choux pastry

2 eggs
72g water
72g milk
50g butter
75g flour
Pinch of salt

Pastry cream

250g milk
2 egg yolk
60g sugar
24g cornstarch
60g butter

Chocolate crémeux

110g cream
1 egg yolk
6g sugar
30g dark chocolate

Mousseline cream

440g pastry cream
80g praliné paste
60g soft butter

Glaze

50g dark chocolate
35g cream
40g sugar
40g water
2g gelatine

Praliné paste

75g hazelnuts
25g almonds
100g sugar



METHOD

1 Praliné paste

- Toast the nuts in the oven for 10 minutes at 180 °C.
- Heat the sugar in a saucepan without stirring until a golden-brown caramel forms.
- Pour over the nuts and let cool.
- Break into pieces and blend until smooth and creamy.

3 Chocolate crémeux

- Partially melt the chocolate.
- Mix sugar and eggs until pale. Heat the cream.
- Pour a little into the egg mixture, then return everything to the saucepan.
- Cook while stirring with a spatula until slightly thickened (it should coat the spatula).
- Pour over the chocolate and whisk from the center outward.
- Cover with plastic wrap touching the surface and refrigerate.

6 Mousseline cream

- In a mixer, combine the pastry cream and praline paste.
- Add the soft butter and beat until creamy.
- Prepare a piping bag fitted with a 1M star tip and fill with the mousseline.

7 Filling

- Make 3 holes underneath each éclair.
- Whisk the chocolate crémeux to soften it.
- Prepare a piping bag with a plain tip (R6) and fill with the crémeux.
- Fill the éclairs, starting with the outer holes and finishing with the center one. The éclair should feel heavier.
- Cut the Paris-Brest in half.
- Spread praline on the bottom, then pipe a ring of mousseline cream.
- Place the top back on.

2 Pastry cream

- Heat the milk and sugar.
- Mix egg yolks with cornstarch.
- Pour some hot milk into the mixture, then return to the saucepan and whisk until thickened and lightly boiling.
- Transfer into a bowl with the butter, mix, cover with plastic wrap touching the surface, and refrigerate.
- Take out the butter for the mousseline and let it soften at room temperature.

4 Choux pastry

- Heat the milk, water, butter, and salt.
- When it boils, add the flour and mix until the dough dries out and no longer sticks to the sides.
- Let cool slightly.
- Add the eggs one by one until the dough is smooth and supple but firm.

5 Piping & baking

- Preheat oven to 175 °C.
- Prepare a piping bag with a 6B star tip and fill with choux pastry.
- Pipe the éclairs and Paris-Brest on a baking tray lined with parchment paper.
- Brush lightly with milk.
- Bake for 20 minutes, open the oven door slightly, close it again, and bake for another 15 minutes.
- Remove from oven and let cool.

8 Glaze

- Bloom the gelatin in plenty of cold water for 10 minutes.
- In a saucepan, bring the water and sugar to a boil.
- Remove from the heat, add the drained gelatin, and stir.
- Pour the hot syrup over the chocolate and the hot cream.
- Add cocoa and coloring if used, and gently whisk.
- Use at 32–34 °C.
- Dip the top of each éclair into the glaze and smooth with your finger.