



## Homemade eclairs

 Vegetarian

READY IN



150 min.

SERVINGS



24

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 140 g flour plain
- ☐ 1 pinch sugar
- ☐ 125 ml milk
- ☐ 100 g butter
- ☐ 4 eggs
- ☐ 300 ml milk
- ☐ 50 g sugar
- ☐ 2 egg yolk

- ☐ 1 tsp vanilla extract
- ☐ 4 tsp flour plain
- ☐ 300 ml double cream

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ wooden spoon
- ☐ serrated knife

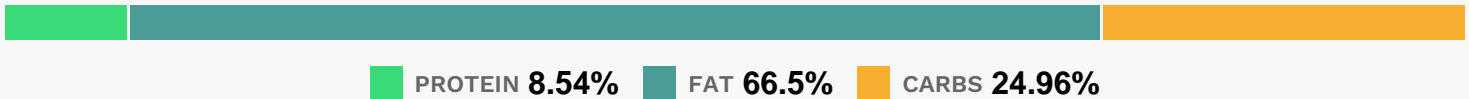
## Directions

- ☐ Start by making the custard filling.
- ☐ Heat the milk until almost boiling in a saucepan. Meanwhile, mix together the sugar, egg yolks and vanilla in a bowl, then stir in the flours, a couple of tsp at a time, to a smooth paste.
- ☐ Gradually whisk in the hot milk, pour everything back into the saucepan and cook over a high heat, stirring constantly, for about 5 mins until thick it will go alarmingly lumpy but dont worry, just keep stirring it vigorously with a wooden spoon until smooth.
- ☐ Lay a sheet of cling film directly on the custard surface, then cool and chill until youre ready to fill the buns.
- ☐ To make the choux buns, heat oven to 220C/200C fan/gas
- ☐ Sift the flour with the sugar and a pinch of salt into a small bowl.
- ☐ Put the milk and butter into a medium saucepan with 125ml water and gently heat so the butter melts but the liquid doesnt bubble.
- ☐ Once the butter has completely melted, increase the heat until the liquid comes to a fast rolling boil. Immediately turn off the heat, tip in the sifted flour and beat vigorously with a

wooden spoon until you have a smooth dough that comes away from the sides of the pan (see picture 1).

- ☐ Spread over a large dinner plate to cool to hand temperature.
- ☐ Once the dough mix has cooled, scrape it back into your pan. Using your wooden spoon, beat in each egg, one by one, until you have a smooth, shiny mixture.
- ☐ Cut 2 large sheets of baking parchment. On each one draw 2 sets of track lines with a 10cm gap these will be your guidelines so your eclairs will all be roughly the same size (see picture 2). Use the paper to line 2 large baking sheets penside down.
- ☐ Spoon your choux mixture into a piping bag with a 1cm wide nozzle, or into a disposable piping bag with a similar-size hole snipped off for piping. Pipe 2 rows of well-spaced, squashed S shapes on each sheet between the guidelines (see picture 3).
- ☐ Bake, one tray at a time, on a high-ish shelf for 25 mins, reducing temperature to 200C/180C fan/ gas 6 as soon as they go in the oven.
- ☐ After 25 mins, poke a hole in the end of each bun, or using a small serrated knife, split down the middle and return to the oven, upside-down, to dry out for 5 mins until crisp and golden. Set aside to cool.
- ☐ While the buns are cooling, finish your filling.
- ☐ Whisk the cream until thick, then use your electric whisk to beat the cooled, set custard until just smooth again. Fold in the cream. Spoon your filling into a piping bag use a small nozzle if youre filling the buns through the holes you've pierced, or a large nozzle if youve split the buns in half. Carefully pipe the custard into each cooled bun they should feel heavy once full.
- ☐ Arrange the buns on a wire rack and spread each with a little of your chosen icing (see below). If you cant decide, its really easy to split your batch of choux buns, halve icing quantities, and make a selection to keep everyone happy.

## Nutrition Facts



## Properties

Glycemic Index:17.34, Glycemic Load:5.21, Inflammation Score:-3, Nutrition Score:3.0660869518052%

## Nutrients (% of daily need)

Calories: 130.04kcal (6.5%), Fat: 9.67g (14.87%), Saturated Fat: 5.76g (35.97%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 8g (2.91%), Sugar: 3.44g (3.83%), Cholesterol: 68.84mg (22.95%), Sodium: 48.42mg (2.11%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.79g (5.58%), Selenium: 5.96µg (8.51%), Vitamin A: 379.79IU (7.6%), Vitamin B2: 0.12mg (7.22%), Phosphorus: 53.78mg (5.38%), Vitamin B1: 0.07mg (4.46%), Folate: 17.55µg (4.39%), Vitamin D: 0.63µg (4.2%), Calcium: 38.77mg (3.88%), Vitamin B12: 0.22µg (3.67%), Vitamin B5: 0.29mg (2.89%), Iron: 0.47mg (2.61%), Manganese: 0.05mg (2.31%), Vitamin E: 0.34mg (2.27%), Vitamin B3: 0.4mg (2%), Zinc: 0.28mg (1.88%), Vitamin B6: 0.04mg (1.81%), Potassium: 59mg (1.69%), Magnesium: 5.49mg (1.37%)