



## Peaches 'n' Cream Eclairs with Bourbon Caramel Sauce

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon rum dark
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1.3 cups cup heavy whipping cream chilled
- ☐ 1 pound peaches
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar divided

- ☐ 0.5 stick butter unsalted cut into 4 pieces
- ☐ 0.5 cup water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ wooden spoon
- ☐ pastry bag

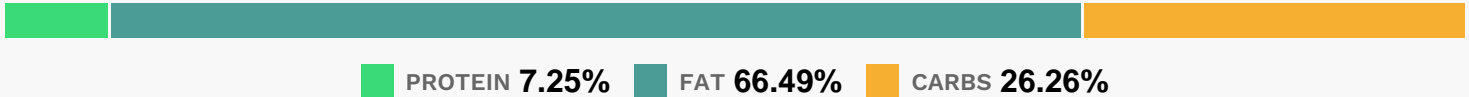
## Directions

- ☐ Preheat oven to 425°F with rack in upper third. Butter a large baking sheet.
- ☐ Bring butter, water, and salt to a boil in a small heavy saucepan over high heat, stirring until butter is melted. Reduce heat to medium.
- ☐ Add flour all at once and cook, beating with a wooden spoon, until mixture pulls away from side of pan and forms a ball, about 30 seconds.
- ☐ Transfer mixture to a large bowl and cool slightly, about 5 minutes.
- ☐ Add eggs 1 at a time, beating well with an electric mixer at high speed after each addition.
- ☐ Transfer mixture to pastry bag and pipe 8 (5-inch-long) strips (about 1 inch wide) onto baking sheet, spacing them at least 1 inch apart.
- ☐ Bake éclairs 15 minutes, then reduce temperature to 400°F and continue to bake until golden, puffed, and crisp, about 15 minutes more (leave oven on). Immediately pierce side of each éclair with tip of a paring knife and return to oven to dry, propping door slightly ajar, 5 minutes. Halve an éclair horizontally: If still moist inside, return éclairs to oven and dry 5 minutes more. Cool éclairs completely on a rack, about 25 minutes.
- ☐ Heat sugar in a 10-inch heavy skillet over medium heat, stirring with a fork to heat sugar evenly, until it starts to melt, then stop stirring and cook, swirling skillet occasionally so sugar

melts evenly, until it is a dark amber.

- ☐ Remove from heat and immediately spoon about 1 teaspoon of caramel along top of each éclair, spreading it with back of spoon.
- ☐ Add water and salt to remaining caramel in skillet and simmer, stirring occasionally, until all of caramel is dissolved.
- ☐ Add butter and bourbon, swirling skillet to incorporate.
- ☐ Remove from heat and keep sauce warm, covered.
- ☐ Cut peaches into thin wedges and toss with 1 tablespoon sugar.
- ☐ Let stand until sugar is dissolved, about 5 minutes.
- ☐ Meanwhile, beat cream with bourbon and remaining tablespoon sugar using cleaned beaters until it just holds stiff peaks.
- ☐ Halve éclairs horizontally. Put bottom halves of éclairs on plates and top with whipped cream and peaches, then cover with top halves of éclairs.
- ☐ Drizzle plates with caramel sauce.
- ☐ éclairs can be baked (but not glazed or filled) 1 day ahead and kept, once cooled, in an airtight container at room temperature. Recrisp on a baking sheet in a 375°F oven, about 5 minutes, then cool before glazing with caramel.

## Nutrition Facts



## Properties

Glycemic Index:25.04, Glycemic Load:10.53, Inflammation Score:-6, Nutrition Score:6.616521793863%

## Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 283.35kcal (14.17%), Fat: 21.21g (32.64%), Saturated Fat: 12.8g (79.98%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 17.69g (6.43%), Sugar: 8.94g (9.94%), Cholesterol: 126.96mg (42.32%), Sodium: 82.16mg (3.57%), Alcohol: 0.21g (100%), Alcohol %: 0.18% (100%), Protein: 5.21g (10.41%), Vitamin A: 1009.24IU (20.18%), Selenium: 12.12µg (17.32%), Vitamin B2: 0.23mg (13.77%), Folate: 35.36µg (8.84%), Phosphorus: 85.54mg (8.55%), Vitamin B1: 0.12mg (8.06%), Vitamin E: 1.12mg (7.49%), Vitamin D: 1.08µg (7.17%), Iron: 1.11mg (6.14%), Manganese: 0.12mg (6.04%), Vitamin B3: 1.19mg (5.95%), Vitamin B5: 0.53mg (5.28%), Fiber: 1.17g (4.67%), Calcium: 41.26mg (4.13%), Copper: 0.08mg (4.13%), Potassium: 144.69mg (4.13%), Vitamin B12: 0.24µg (3.97%), Zinc: 0.55mg (3.68%), Vitamin K: 3.48µg (3.31%), Vitamin B6: 0.06mg (3.22%), Vitamin C: 2.55mg (3.09%), Magnesium: 12.26mg (3.06%)