

Éclair, lemon cream, caramelized meringue, lime zest

Recette pour 4 personnes



Description

Another variant of the choux dough is a recipe of éclairs. Chocolate variation for this recipe with crispy chocolate cereals.

L'idée déco

On the recipe we use the Swiss meringue but you could use a French meringue.

Ingrédients

For the choux

- 120 Gr Water
- 120 Gr Milk
- 15 Gr Sugar
- 5 Gr Salt
- 110 Gr Butter
- 7 Gr Vanilla extract
- 140 Gr Wheat flour
- 5 Unit(s) Egg

Lemon cream

- 155 Ml Water
- 130 Gr Sugar
- 20 Gr Cornstarch
- 120 Ml Lemon juice
- 2 Unit(s) Egg yolk
- 12 Gr Butter

Swiss Meringue

- 50 Gr Egg white
- 100 Gr Sugar

- 1 Unit(s) Lime

Préparations

Temps de préparation **20.00 mins**

Préchauffez votre Four à 400.00 F°

For the éclairs

In a saucepan bring to boil the water, the milk, the sugar, the salt, the butter and the vanilla. Remove from the stove and add the flour with a wood spoon. Cook together on the fire until the dough pulls away from the edge of the pan. Put the mix in the mixer and add the eggs one by one. Fill a pastry bag with the dough and realize the éclairs, 12 cm long on a baking tray with parchment paper. Put it in the oven and cook it until it gets golden brown.

For the lemon cream

In a pot, put all the ingredients except the butter following the ingredients recipes. Put it on the stove, mix the cream constantly until it boils. Let it boil for at least 30 seconds. Pass the cream through a tamis, add the butter in the cream, reserve in the fridge with a saran wrap on.

Lemon cream

In a medium stewpot, throw everything in aside from the butter. Bring to a boil at medium heat while whisking continuously. Then lower down the heat and let everything come to a nice and smooth mix for 30mins.

Sieve the mixture and off the heat, gradually incorporate the butter. Saran wrap on.

For the plating

Remove the hat of the eclair, fill it with lemon cream, with a pastry bag, make some little balls of meringue on the top, sprinkle with icing sugar, pass the flame of the blowpipe on the top to caramelize it.

Bon appétit!