

Chocolate éclairs (Dalloyau)

Ingrédients

- 75g milk
- 75g water
- 1 pinch of salt
- 1 pinch of sugar
- 1 teaspoon of honey
- 60g butter
- 90g flour T55
- 150g eggs (about 3 eggs)
- 300g whole milk
- 75g egg
- 3 egg yolks
- 90g sugar
- 45g cornstarch
- 37g butter
- 1 vanilla bean
- 105g whole milk
- 45g liquid cream
- 8g honey
- 27g cocoa powder without sugar
- 107g dark chocolate 70% cocoa
- 400 chocolate fondant

Préparation

1. While looking through an old issue of Fou de Pâtisserie, I came across this recipe from Dalloyau, chocolate religieuses.
2. The cream, a mix of pastry cream and chocolate ganache, intrigued me, so I went ahead and made a batch of chocolate eclairs, the dessert that always makes everyone happy!
3. However, I used my choux pastry recipe that always works well for me.
4. Prep time : 1 hour + 30 minutes cooking For 12 to 15 éclairs : Choux pastry : milk water 1 pinch of salt 1 pinch of sugar 1 teaspoon of honey butter flour T55 eggs (about 3 eggs) Heat the milk with the water, salt, sugar, honey and butter.
5. When the butter is completely melted and the liquid is boiling, add the flour at once and mix well.
6. Put the pan back on the heat and dry the dough for 2 minutes, stirring constantly a thin film should form at the bottom of the pan.
7. Pour the dough into the bowl of the food processor and mix for a few minutes to cool.
8. Gradually add the eggs, mixing well between each addition, until you obtain a satiny dough that forms a ribbon.
9. Pipe the eclairs on a baking sheet, sprinkle with powdered sugar and bake in the preheated oven at 170°C static heat for about 35 minutes without opening the oven.
10. Let cool.
11. Chocolate cream : Pastry cream : whole milk egg 3 egg yolks sugar cornstarch butter 1 vanilla bean Heat the milk with the vanilla seeds.
12. Whisk the eggs and yolks with the sugar and cornstarch.
13. Pour the hot milk little by little over the eggs, mixing well, then pour it back into the pan.

14. Thicken while whisking constantly over medium heat.
15. Remove from the heat, add the butter cut into small pieces and mix well.
16. Ganache : whole milk liquid cream honey cocoa powder without sugar dark chocolate 70% cocoa Heat the cream with the milk and honey.
17. Melt the chocolate, then add the sifted cocoa and pour the hot liquid over it, mixing well to obtain a smooth and shiny ganache (you can use an immersion blender).
18. When the ganache has cooled, mix it with the pastry cream.
19. To finish : 400 chocolate fondant Pour the cream into a pastry bag fitted with a small plain tip.
20. Fill the eclairs with the cream, piercing three holes under each one.
21. Next, heat the fondant without exceeding 37°C (if it is too thick, you can dilute it with a little cane sugar syrup).
22. Ice the eclairs, let them crystallize and enjoy!

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