



Welcome to the King Arthur Baking School's Virtual Cream Puffs and Éclair class. We'll guide you through the process of making classic Pâte à Choux dough, piping creams puffs and éclair, then filling them with two flavors of pastry cream and dipping them in chocolate ganache! Below you'll find a list of ingredients and equipment to have on hand and ready to go before class begins. Any prep work to be done before class is highlighted in yellow. We look forward to baking with you! Please scroll past ingredient list for your recipes.

INGREDIENTS (total amount needed for the class)

Milk: 828 grams (3 cups)

Granulated Sugar: 149 grams (3/4 cup)

Cornstarch: 53 grams (1/2 cup)

Salt: 3/4 teaspoon

Eggs: 8 large, at room temperature

Vanilla extract: 1 1/2 teaspoons

Semi-sweet chocolate chips: 340 grams (2 cups)

Unsalted butter: 120 grams (1/2 cup + 1 1/2 teaspoons), at room temperature

Unbleached All-Purpose Flour: 120 grams (1 cup)

Honey: 1 teaspoon

Heavy cream: 237 grams (1 cup)

Water: 119 grams (1/2 cup)

EQUIPMENT

Scale (preferred) or measuring cup set

Liquid measuring cup

Measuring spoons

Medium saucepan

Small saucepan

Mixing bowls

Whisk

Plastic wrap

Mixing spoon

Stand mixer with paddle attachment (or large bowl and mixing spoon)



Spatula

Pastry bag (or zip-top bag) (optional)

Large piping tip (straight or star, optional)

Scissors

Tablespoon scoop (optional)

Baking sheets with parchment paper or silicone baking mat: 2

Serrated knife or paring knife



Pastry Cream Two Ways

YIELD: about 1100 grams (5 1/2 cups)

INGREDIENTS

710 grams (3 cups) milk

149 grams (3/4 cup) sugar, divided

53 grams (scant 1/2 cup) cornstarch

1/4 teaspoon salt

3 large egg yolks

1 large egg

1 1/2 teaspoons vanilla extract

113 grams (2/3 cup) semisweet chocolate chips

DIRECTIONS

1. Place the milk and half of the sugar in a large saucepan and bring to a boil. Remove from heat and set aside.
2. In a medium bowl, whisk together the remaining sugar, cornstarch, and salt.
3. Add the yolks and egg, whisking until no lumps remain.
4. Temper the egg mixture with the hot milk and return to the saucepan. Bring the mixture back to a boil, whisking constantly. Boil for 1 minute. Remove from the heat.
5. Stir in the vanilla.
6. Divide the pastry cream into two bowls. Keep one bowl vanilla, then add the chocolate chips to the second bowl, stirring until the chocolate is melted and the pastry cream is smooth.
7. Cover each bowl with plastic wrap directly on the surface and chill until cold and set.
8. Stir each pastry cream before using, then transfer to a piping bag and fill cream puffs or éclair. Alternatively, spoon the pastry cream into the cream puffs or éclair.





Pâte à Choux

YIELD: about ten 2” cream puffs and ten 4” éclair

INGREDIENTS

119 grams (1/2 cup) milk

119 grams (1/2 cup) water

113 grams (1/2 cup) unsalted butter

1/2 teaspoon salt

120 grams (1 cup) King Arthur Unbleached All-Purpose Flour

4 large eggs, at room temperature

DIRECTIONS

1. Preheat the oven to 425°F/220°C.
2. Combine the milk, water, butter, and salt in a large saucepan and bring to a boil over medium-high heat.
3. Remove the pan from the heat and quickly stir in the flour all at once.
4. When the flour is dissolved and the mixture is somewhat smooth, return the pan to the heat. Cook over medium-low heat, stirring constantly, until the mixture sizzles and the starches gelatinize on the bottom of the pot, and starts to form a crust. If you are using a non-stick pot, the starches will not form a crust on the bottom of the pot. Instead, cook for about 3 minutes. The mixture will be quite thick, similar in consistency to dry mashed potatoes.
5. Transfer the mixture into the bowl of a stand mixer fitted with the paddle attachment.
6. With the mixer on low speed, add the eggs, 1 at a time, mixing until each egg is incorporated. Be sure to scrape down the sides of the bowl once or twice or as necessary. Be careful not to overmix the dough or it will become oily and will not puff in the oven the way it should. (Alternately, you may mix the eggs in by hand with a wooden spoon.) The dough will be thick like mayonnaise.
7. To test for proper consistency, scoop some batter up with your spatula then tip the spatula to see how fast it runs down the flat surface. It should run very slowly and form a “V.” If it is too thick and not running at all, stir in a little warm water, 1 teaspoon at a time, until it looks a bit looser.
8. Use the pâte à choux right away or cover the bowl with a wet kitchen towel or plastic wrap and let it stand at room temperature until ready to use, up to 6 hours. Refrigerate any unused dough up to 3 days.
9. Transfer the choux mixture to a piping bag. Pipe mounds of dough about 2” wide for cream puffs and logs of dough that are about 1” wide by 4” long for éclair.
10. Bake the choux for about 20 minutes, or until uniformly dark golden brown and crisp.



- 11.** Allow the choux to cool completely before filling. Unfilled choux shells may be stored covered at room temperature up to 2 days or frozen up to 1 month. Thaw choux shells before filling. If desired, choux shells may be re-crisped in a preheated 350°F/175°C oven for 5 to 8 minutes. Cool shells before filling.
- 12.** To assemble: Poke a small hole into the bottom of each cream puff or the bottom or side of each éclair and pipe filling in until it feels full. Alternately, cut the cream puffs or éclair in half with a knife and pipe or spoon-in filling.
- 13.** To garnish: Dip cream puffs or éclair into chocolate ganache glaze, if desired.
- 14.** Filled cream puffs and éclair are best served the day they are assembled. Keep refrigerated until ready to serve.



Chocolate Ganache

YIELD: about 450 grams (2 cups)

INGREDIENTS

227 grams (1 1/3 cups) semisweet chocolate

1 teaspoon honey

237 grams (1 cup) heavy cream

7 grams (1 1/2 teaspoons) unsalted butter, room temperature

DIRECTIONS

1. Chop chocolate and place in a bowl.
2. Heat honey and cream in a saucepan until boiling. Remove from heat and pour over the chocolate.
3. Allow mixture to sit for about 30 seconds before gently stirring with a whisk.
4. Continue gently stirring until all chocolate has melted. Add the butter and stir to combine.
5. Ganache is now ready to use as a glaze.
6. Store leftover ganache in the refrigerator. Ganache keeps for three weeks in the refrigerator and can be frozen for up to three months. Reheat ganache in a bowl over a water bath, whisking until it has melted completely. Alternatively, heat the ganache in 30-second bursts in the microwave, stirring after each heating, until the mixture is completely melted and smooth.