



# Cream Puffs & Eclairs

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. **Any prep work to be done before class is highlighted in yellow.**

All recipes used in class will be attached in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, [bakingeducation@kingarthurbaking.com](mailto:bakingeducation@kingarthurbaking.com). All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

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## INGREDIENTS *(total amount needed for the class)*

- ☐ Milk: 829g (3 ½ cups)
- ☐ Granulated Sugar: 149g (¾ cup)
- ☐ Cornstarch: 53g (½ cup)
- ☐ Salt: ¾ teaspoon
- ☐ Eggs: 8 large, at room temperature
- ☐ Vanilla extract: 1 ½ teaspoons
- ☐ Semi sweet chocolate: 113g (⅓ cup)
- ☐ Unsalted butter: 117g (½ cup + ¾ teaspoon), at room temperature
- ☐ Unbleached All-Purpose Flour: 120g (1 cup)
- ☐ Honey: ½ teaspoon
- ☐ Heavy cream: 119g (½ cup)
- ☐ Water: 119g (½ cup)

## EQUIPMENT

- ☐ Scale (preferred) or measuring cup set
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Medium saucepan
- ☐ Mixing bowls, assorted sizes
- ☐ Whisk
- ☐ Plastic wrap
- ☐ Wooden mixing spoon or equivalent
- ☐ Stand mixer with paddle attachment (optional)
- ☐ 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



# Pâte à Choux

**YIELD: ABOUT TEN 2" CREAM PUFFS AND EIGHT 4" ÉCLAIR**

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## INGREDIENTS

- ☐ 119g (½ cup) milk
  - ☐ 119g (½ cup) water
  - ☐ 113g (½ cup) unsalted butter
  - ☐ ½ teaspoon salt
  - ☐ 120g (1 cup) King Arthur Unbleached All-Purpose Flour
  - ☐ 4 large eggs, at room temperature
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## DIRECTIONS

1. Preheat the oven to 450°F.
2. Combine the milk, water, butter, and salt in a medium saucepan and bring to a boil over medium-high heat.
3. Remove the pan from the heat and stir in the flour, all at once.
4. When the flour is dissolved and the mixture is 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 start 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. If mixing by hand, transfer to a medium size mixing bowl. If using a stand mixer, transfer into mixing bowl with the paddle attachment.
6. Using a spoon or spatula, add the eggs, one at a time, mixing until each is incorporated before adding the next. Be careful not to overmix the dough or it will become oily and will not puff in the oven the way it should. The dough will be thick like mayonnaise. Alternatively, if using a stand mixer, add the eggs, one at a time, on medium speed, mixing until each is incorporated before adding the next. Scrape down the sides of the bowl once or twice as necessary.
7. To test for proper consistency, scoop some batter up with your spatula and tip the spatula to see how fast it runs down the flat surface. It should run off slowly and form a "V." If it is too thick and not running at all, stir in a water or milk, 1 tablespoon at a time., until it flows off the spatula and forms a "V".
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 4 hours. Refrigerate any unused dough for up to 3 days.
9. Transfer the choux mixture to a piping bag. For éclair, pipe logs of dough that are about 1" wide by 4" long. For cream puffs, pipe 2" mounds of dough or use a tablespoon scoop to scoop the dough.
10. Bake the éclair and cream puffs for about 17-20 minutes, or until uniformly dark golden brown and crisp.
11. Allow the choux to cool completely before filling.
12. To assemble: Poke a small hole into the bottom or side of each pastry, then pipe in filling until the choux feels full. Alternatively, cut the pastry in half with a knife and pipe or spoon-in the filling.
13. To garnish: Dip choux in chocolate ganache glaze, if desired.
14. Store filled cream puffs and éclair covered in the refrigerator up to 1 day. Filled éclair will continue to soften the longer they are stored. Freezing is not recommended.



# Chocolate Ganache

**YIELD: ABOUT 225g (1 CUP)**

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## INGREDIENTS

☐ 113g ( $\frac{3}{4}$  cup) semisweet chocolate

☐ 4g ( $\frac{1}{2}$  teaspoon) honey

☐ 119g ( $\frac{1}{2}$  cup) heavy cream

☐ 5g (1 teaspoon) unsalted butter, at room temperature

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## DIRECTIONS

1. Chop the chocolate and place in a bowl.
2. Heat the honey and cream in a saucepan until boiling. Remove from heat and pour over the chocolate.
3. Allow the 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.



# Pastry Cream

**YIELD: ABOUT 1100g (5 1/2 CUPS)**

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## INGREDIENTS

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|---|--|
| <input type="checkbox"/> 710g (3 cups) milk             | <input type="checkbox"/> 1 large egg   |
| <input type="checkbox"/> 149g (3/4 cup) sugar, divided  | <input type="checkbox"/> 3 large egg yolks                                       |
| <input type="checkbox"/> 53g (scant 1/2 cup) cornstarch | <input type="checkbox"/> 14g (1 tablespoon) unsalted butter, at room temperature |
| <input type="checkbox"/> 1/4 teaspoon salt              | <input type="checkbox"/> 1 1/2 teaspoons vanilla extract                         |
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## DIRECTIONS

1. Place the milk and half of the sugar in a saucepan and bring to a boil.
2. In a bowl, whisk together the remaining sugar, cornstarch, and salt. Add the egg and yolks, whisking until very smooth.
3. Temper the egg mixture with the milk and return to the saucepan. Bring the mixture back to a boil, whisking constantly. Boil for 1 minute, then remove from the heat.
4. Stir in the butter and vanilla extract.
5. Cover the pastry cream with plastic wrap directly on the surface and chill until cold and set. Pastry cream may be stored covered in the refrigerator up to four days. Freezing is not recommended.
6. Stir pastry cream before using, then transfer to a piping bag and fill choux. Alternatively, spoon the pastry cream into the choux.