

# ÉCLAIRS & PARIS-BREST

FOR 8 PIECES

An éclair is an elongated choux pastry filled with cream and topped with a shiny glaze.

The Paris-Brest, ring-shaped, hides a generous praline cream filling.

Two great French classics, as beautiful as they are delicious.



## INGREDIENTS

### Choux pastry

2 eggs  
62g water  
62g milk  
50g butter  
75g flour  
Pinch of salt

### Pastry cream

250g milk  
2 egg yolk  
60g sugar  
24g cornstach  
60g butter

### Chocolate crémeux

110g cream  
2 egg yolk  
12g sugar  
45g dark chocolate

### Mousseline cream

440g pastry cream  
80g praliné paste  
60g soft butter

### Glaze

50g dark chocolate  
35g cream  
40g sugar  
40g water  
2g gelatine

### Praliné paste

75g hazelnuts  
25g almonds  
100g sugar



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# METHOD

## 1 Praliné paste

- Toast the nuts in the oven for 10 minutes at 180 °C.
- Heat the sugar in a saucepan without stirring until a golden-brown caramel forms.
- Pour over the nuts and let cool.
- Break into pieces and blend until smooth and creamy.

## 3 Chocolate crèmeux

- Partially melt the chocolate.
- Mix sugar and eggs until pale. Heat the cream.
- Pour a little into the egg mixture, then return everything to the saucepan.
- Cook while stirring with a spatula until slightly thickened (it should coat the spatula).
- Pour over the chocolate and whisk from the center outward.
- Cover with plastic wrap touching the surface and refrigerate.

## 6 Mousseline cream

- In a mixer, combine the pastry cream and praline paste.
- Add the soft butter and beat until creamy.
- Prepare a piping bag fitted with a 1M star tip and fill with the mousseline.

## 7 Filling

- Make 3 holes underneath each éclair.
- Whisk the chocolate crèmeux to soften it.
- Prepare a piping bag with a plain tip (R6) and fill with the crèmeux.
- Fill the éclairs, starting with the outer holes and finishing with the center one. The éclair should feel heavier.
- Cut the Paris-Brest in half.
- Spread praline on the bottom, then pipe a ring of mousseline cream.
- Place the top back on.

## 2 Pastry cream

- Heat the milk and sugar.
- Mix egg yolks with cornstarch.
- Pour some hot milk into the mixture, then return to the saucepan and whisk until thickened and lightly boiling.
- Transfer into a bowl with the butter, mix, cover with plastic wrap touching the surface, and refrigerate.
- Take out the butter for the mousseline and let it soften at room temperature.

## 4 Choux pastry

- Heat the milk, water, butter, and salt.
- When it boils, add the flour and mix until the dough dries out and no longer sticks to the sides.
- Let cool slightly.
- Add the eggs one by one until the dough is smooth and supple but firm.

## 5 Piping & baking

- Preheat oven to 175 °C.
- Prepare a piping bag with a 6B star tip and fill with choux pastry.
- Pipe the éclairs and Paris-Brest on a baking tray lined with parchment paper.
- Brush lightly with milk.
- Bake for 20 minutes, open the oven door slightly, close it again, and bake for another 15 minutes.
- Remove from oven and let cool.

## 8 Glaze

- Bloom the gelatin in plenty of cold water for 10 minutes.
- In a saucepan, bring the water and sugar to a boil.
- Remove from the heat, add the drained gelatin, and stir.
- Pour the hot syrup over the chocolate and the hot cream.
- Add cocoa and coloring if used, and gently whisk.
- Use at 32–34 °C.
- Dip the top of each éclair into the glaze and smooth with your finger.