

Recipe

ECLAIRES WITH ORANGE & CARAMEL





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Recipes: **LUKAS GROSSMANN**

INGREDIENTS

PASTRY

450ml water
 170g brown butter
 200g flour
 5 eggs

CREME PATTISIERE

250ml milk
 1 organic orange
 1 organic lemon
 3 egg yolks
 75g brown sugar
 20g flour
 10g starch

400ml heavy cream
 1 sachet vanilla sugar

4 tbsp Caramel Creme or
 Dulce di Lecce
 1-2tbsp heavy cream



TIME

30 Min +
30 Min
Backen



FOR

4 Personen



CATEGORY

Hauptspeise
oder Beilage



ISSUE

sisterMAG44

SCHRITT 1 To make the Creme Pattisiere, pour the milk in a pan, add 1 tsp of lemon zest and 1 tbsp of orange zest. Bring to a boil, put to the side and let sit for 10min.

SCHRITT 2 Whip the yolks with the sugar. Add flour and starch and stir until smooth.

SCHRITT 3 Stir while adding the warm milk, then put the mixture back into the pan and heat while stirring vigorously until the mixture thickens to a pudding-like texture. Pass through a fine sieve and cover with cling film with little holes pricked into it.

SCHRITT 4 To make the pastry, bring water, butter and a pinch of salt to a boil. Reduce the heat and slowly add the flour while whisking quickly to avoid lumps. Stir with a wooden spoon to keep the thickening mixture from burning. After 5-10min, you should get a thick, shiny pastry with a light brown layer at the bottom of your pan.

SCHRITT 5 Put this „burned“ pastry into a bowl and let cool for 5min. Whisk up the eggs in a second bowl. Slowly add the egg mixture to the pastry while stir-

ring with an electric whisk. Mix until all lumps are gone and you have a thick batter.

SCHRITT 6 Pre-heat the oven to 160°C fan. Cover two baking trays with paper. Cut the tip off a piping bag so you have a 2cm opening.

SCHRITT 7 Pipe the batter into 12cm strips with a space of 4cm between them. Brush with egg wash and bake for 30-35min or until crisp and risen. Don't take the eclairs out of the

oven while soft or they will collapse.

SCHRITT 8 Whip your cream and vanilla sugar and put the mixture into a piping bag with star nozzle. Mix the caramel with a little cream.

SCHRITT 9 Cut the eclairs in half. Dip the top into the caramel cream and let it drip off.

SCHRITT 10 Fill the bottom half with a little cream, then drizzle over the orange cream and decorate with orange peel. Add the top and serve.