



COOKING CLASSES

AT SUR LA TABLE

FOCUS SERIES THE CLASSIC ÉCLAIR

WITH SUR LA TABLE CHEF

MENU:

CLASSIC VANILLA BEAN PASTRY CREAM AND DARK
CHOCOLATE GLAZE



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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Dairy

- 1 stick plus 2 tablespoons unsalted butter
- 10 large eggs
- 1/2 cup heavy whipping cream
- 1 1/2 cups whole milk

Pantry Items

- Kosher salt
- All-purpose flour
- Granulated sugar
- Cornstarch

Dry/Canned Goods

- 4 ounces semisweet or bittersweet chocolate
- Vanilla bean paste or 1 vanilla bean

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Paring knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Digital scale (optional)
- Whisks
- Mixing bowls (various sizes)
- Fine-mesh strainer
- Wooden spoon
- Pencil
- Ruler
- Silicone spatula
- Pastry brush

Cookware

- Medium saucepan
- Small saucepan

Appliances

- Stand mixer or hand-mixer

Bakeware

- 2 rimmed baking sheets
- 2 pastry bags (disposable or canvas)
- 1/2" plain round pastry tip
- 1/4" plain round pastry tip

Other

- Ice
- Parchment paper
- Plastic wrap



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Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Classic Éclairs

1. Preheat oven to 400°F.
2. Prepare éclair templates on parchment and line 2 baking sheets with templates.

Vanilla Bean Pastry Cream

1. If using whole vanilla bean, scrape vanilla seeds from bean. To a medium saucepan, add 1 1/2 cups of milk, vanilla seeds and pod; bring to a simmer. Remove saucepan from heat and allow to steep, about 30 minutes.

PÂTE À CHOUX

Yield: *enough dough for 15 (4") éclairs*

This versatile dough is perfect for entertaining, since pâte à choux pastries can be made in advance, frozen and then re-crisped the day you wish to serve them. There are numerous ways to flavor this dough, both savory and sweet. The dough can be kept in the refrigerator in an airtight container for up to 3 days.

4 ounces (1 stick) unsalted butter, cut into 1/2" pieces

8 ounces (1 cup) water

1/4 teaspoon kosher salt

4 1/4 ounces (1 cup) unbleached all-purpose flour

4 large eggs, plus 1 more if needed

1. To a medium saucepan set over low heat, add butter, water, and salt. Cook, stirring occasionally with a wooden spoon. When butter has melted, increase heat and bring mixture to a boil. Immediately remove pan from heat and add flour, all at once. Place pan back on heat and beat vigorously with a wooden spoon until dough comes together in a mass around spoon. Continue to cook, beating with wooden spoon, for another minute or so to dry out dough—pan will have a thin film of dough on bottom.

2. Immediately transfer dough to bowl of a stand mixer fitted with the paddle attachment. Beat on high speed for 1 minute to slightly cool dough and develop gluten. With mixer on medium speed, add eggs one at a time, allowing each addition to blend completely into dough before continuing. When all eggs are incorporated, mixture should be shiny and elastic and stick to sides of bowl. It should also pass “string test”: place a bit of dough between your thumb and forefinger and pull apart. Dough should form a stretchy string about 1 1/2 to 2" long. If dough has not reached this stage, whisk 1 egg and add to dough, a little at a time, until proper consistency is reached.



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CLASSIC ÉCLAIR WITH VANILLA PASTRY CREAM AND DARK CHOCOLATE GLAZE

Yield: 15 éclairs

You can store éclairs in the refrigerator, covered with plastic wrap for up to 3 days. However, they are at their best the same day they are filled, as the pastry absorbs moisture from the pastry cream and eventually becomes soggy.

Dough:

1 recipe *Pâte à Choux* (recipe included)

1 large egg

Dark chocolate glaze:

4 ounces semisweet or bittersweet chocolate, finely chopped

1/2 cup (4 ounces) heavy whipping cream

Vanilla pastry cream (recipe included)

Preheat oven to 400°F and position 2 racks in the top and lower thirds of the oven.

- 1. To bake éclairs:** To make éclair templates, line two baking sheets with parchment paper, then remove paper and use a ruler as a guide to draw 15, 4" x 1" rectangles with a pencil, dividing and spacing evenly between parchment paper. Turn parchment paper over and line baking sheets with pencil marks facing down.
- Spoon dough into a pastry bag fitted with a 1/2" plain round tip. While holding piping bag in your dominant hand at a 45° angle, apply pressure to pastry bag while lightly dragging pastry tip along template line. To stop flow of dough from pastry bag and disconnect it from piped dough, release pressure from pastry bag and flick your wrist in the direction of the piped line.
- In a small bowl, lightly beat egg to blend thoroughly. Using a silicone pastry brush, brush a light coating of egg wash over tops of piped dough, being careful that egg does not drip down the sides (it will glue éclairs to parchment). You will not use all of the egg wash.
- Place both sheets in preheated oven and bake for 20 minutes. Reduce oven temperature to 350°F and switch sheets between racks, rotating pans from front to back. Bake for an additional 15 to 20 minutes until éclairs are a deep golden brown and crisp, with no moisture visible around the sides. Transfer to a rack to cool completely.
- 5. To prepare chocolate glaze:** To a small heatproof mixing bowl (which should be just large enough to accommodate an éclair), add chocolate. Bring cream to a simmer in a small

saucepan and pour over chocolate; let stand for a few minutes. Whisk chocolate and cream until thoroughly blended and completely smooth; cool for 10 minutes.

6. **To assemble:** Spoon pastry cream into a pastry bag fitted with a 1/4" plain round tip. Make two evenly spaced small holes in bottom of éclair with the tip of a paring knife. Insert pastry tip into each one, squeezing firmly to fill center of pastry. Repeat to fill remaining éclairs.

7. Turn éclairs upside down, dip top of each halfway into chocolate glaze, then lift and let excess glaze drip back into bowl. Set éclairs glaze side up on serving platter or parchment-lined baking sheet and allow glaze to set for 30 minutes. Refrigerate until serving. Reserve any leftover chocolate glaze for another use.



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VANILLA BEAN PASTRY CREAM

Yield: *about 2 cups*

1 1/2 cups whole milk
1 tablespoon vanilla bean paste or 1 vanilla bean
1 large egg
3 large egg yolks
1/3 cup granulated sugar
3 tablespoons cornstarch
2 tablespoons cold unsalted butter
1/2 teaspoon kosher salt

1. Fill a large bowl halfway with ice and water; set aside. Pour milk into a medium saucepan. Using the tip of a paring knife, cut vanilla bean in half lengthwise and use dull side of knife to scrape seeds into saucepan, then add pod. Heat milk over low heat until it just begins to simmer. Remove from heat and let steep for 30 minutes. (If using vanilla bean paste instead of a vanilla bean, skip this step and add to milk in next step.) Once steeped, bring milk back up to a simmer.
2. To a medium bowl, add egg, egg yolks, sugar and salt; whisk until fully blended and smooth. Add cornstarch and whisk vigorously until mixture is very smooth. Pour about 1/2 cup of warm milk into yolk mixture, whisking constantly to temper yolks. Slowly pour yolk mixture back into warm milk, while whisking.
3. Set pan over medium heat and cook, whisking constantly to prevent lumping until mixture comes to a boil. Continue to cook and whisk for another minute until pastry cream is very thick. Remove from heat and whisk in butter.
4. Strain pastry cream through a fine-mesh strainer set over a medium bowl.
5. Press a piece of plastic wrap directly on the surface of the pastry cream, then set bowl into bowl of ice water. Once pastry cream has completely cooled, use or refrigerate until needed.

Recipe variations:

- Flavor pastry cream by adding citrus zest, liqueurs, or chopped chocolate. When adding chocolate, make sure that it is finely chopped and add to hot pastry cream after strained.