

St. Thérèse of Lisieux Chocolate and Rose Eclairs

On St. Thérèse's death bed, she longed for a chocolate éclair. This recipe uses a creamy pastry cream that would be easy for the dying soon-to-be saint to eat. It will be topped with a thick chocolate glaze to satiate her sweet tooth. The éclair will be decorated with edible rose petals because of her love of roses. Skill level: Intermediate.

Suggested Dates: January 2nd (Birthday), May 17th (Canonization), October 1st (Feast Day).

Recipe Notes:

- Using a scale helps you achieve the best possible success!
- Don't skimp on the bread flour; the higher gluten content gives it a stronger structure for your filling
- Read the recipe carefully and twice. **Make sure you have all ingredients and tools needed.** A few suggestions for tools you may not have: Digital Scale: [GreaterGoods Digital Food, Kitchen Scale](#), Coupler: [Large Coupler - Wilton](#), Piping Bags: [Silicone Pastry Bags](#).
- Take your time
- It's okay if you mess up!

Pate Choux (Cream Puff Dough)

Preparation

- Preheat oven to 425°F
- Line baking tray with parchment paper
- Draw thirteen 5'' long lines spacing them about 2'' apart
- Flip the parchment over so that the markings are underneath but still visible
- Fit a piping bag with a 1'' coupler or cut a 1'' hole in a piping bag
- Place bag in a tall glass, folding ¼ - ½ of the bag over the glass itself; this'll help you fill the bag with the dough better

135g whole milk

135g water

120g unsalted butter (cut into 1/2'' cubes) *cold is fine

3/4 tsp sugar

1/4 tsp fine sea salt

- Bring to a boil in saucepan on high heat

155g bread flour

- Once boiling reduce heat to low
- Add all the flour
- Use a wooden spoon to stir the mixture vigorously for two minutes until crust forms at the bottom of pan
- Transfer to a bowl in a stand mixer with a paddle attachment and beat on medium speed for one minute

225g eggs (4-5 eggs) **it is important to get the right amount of eggs in weight; this part can ruin the whole pastry*

- Whisk eggs in a separate bowl then slowly pour it into mixer that's running on medium speed
- Beat until it's completely mixed together
- Scrape the bowl and mix again for 30 seconds to ensure it's all mixed
- When you lift your spatula a "V" shape should form (*see picture 1*)
- Fill the pastry bag with the dough (best to fill the bag only $\frac{1}{2}$ to $\frac{2}{3}$ so it's easier to control)
 - o Lift the bag up and gently shake it to encourage the batter to reach down to the tip
 - o Twist the top of the bag to seal the bag
- Use the line markings to pipe your eclairs

o **Piping Tips!**

- o When you pipe, place your dominant hand at the top your pastry and your non-dominant hand at the piping tip
- o Use your dominant hand to squeeze the bag and your non-dominant to keep it steady
- o When you pipe, pipe with even pressure, at 45-degree angle, and pipe about $\frac{1}{4}$ " above the paper
- o Allow it to fall gently onto the paper
- o When you reach the 5" mark, press the piping tip down and lift up quickly
- o When you're done piping, grab a cup of water
- o Dip your finger in the water and use your wet finger to smooth out any pointy parts

- Bake at 425°F for 10 mins then 375°F for 25 mins *Do not open the oven! This will cause your pastry to collapse! (*see picture 2*)
- When done, pierce two holes at the bottom with a small paring knife (*see picture 3*)
- Bake again at 375°F for 7-10 mins to really crisp the eclair

Ganache Topping

320g finely chopped bittersweet chocolate *use a bittersweet chocolate that you love; something that is not too sweet, and you can have more of

- Place in a large bowl

320g heavy cream

- Put in a saucepan and heat over medium heat
- Wait until the mixture forms bubbles all over
- Remove from the heat and immediately pour it on top of the chocolate
- Tap the bowl gently against the surface and let sit for one minute
- Using a flexible spatula, stir the mixture until it's a thick, glossy chocolate mixture

Chocolate "Mousse"

250g ganache

- Set aside 250g of the made ganache in a separate bowl (*see picture 4*)

500g heavy cream

2 tbs sugar

2 tsp sugar

¼ tsp fine sea salt

- Whip this in a stand mixer until it forms stiff peaks (When you lift the whisk up, you should see a peak of cream form at the end. The peak should remain standing up stiff when you flip the whisk upside down)
- Add 1/3 of the heavy cream into the ganache and using a flexible spatula, mix until most of the cream is incorporated (*see picture 5*)
- Add another 1/3 and this time fold the cream in; gently scoop the mixture from the side toward the middle bottom then lift up folding that mixture onto the top
 - o Do this until there are no more white streaks of cream
- Fold in the last 1/3 mixture
 - o Do this until there are no more white streaks of cream (*see picture 6*)

Assembly Part One

- Using a sharp serrated knife, cut the eclairs in half lengthwise
 - o Make sure to keep the tops next to the correct éclair
- Gently dip the top half into ganache, allow the ganache to drip, then use the edge of the bowl to swipe off extra (*see pictures 7 and 8*)
- Place it next to its appropriate bottom half
- Repeat until you've done it all
- Prep a piping bag with a 1" tip or a star tip of your choosing

Assembly Part Two

- Place "mousse" into piping bag
 - o Lift the bag up and gently shake it up and down to encourage the batter to reach the tip
 - o Twist the top of the bag to seal the bag
- Pipe the mousse into the éclair bottoms (*see picture 9*)
 - o When you pipe, place your dominant hand at the top your pastry and your non-dominant hand at the piping tip
 - o Use your dominant hand to squeeze the bag and your non-dominant to keep it steady
- Decorate with edible rose petals (for St. Therese of Lisieux). Can be purchased here: [Red Rose Petals - Pure, edible & organic](#) (*see picture 10*)
- Place the tops and the bottoms in the fridge for 15-20 mins to firm up (do dishes while you're waiting for this)
- Once cold, add the tops to the bottoms (*see picture 11*)





