

MUMMY ECLAIRS

(recipe and method from [Helen Rennie](#))

for the pate a choux:

120g water
120g whole milk
1/2 tsp table salt
1 tsp sugar
113g butter at room temp, cut into 8 pieces
142g bread flour, sifted
230g eggs beaten with a fork

for diplomat cream:

(best made the day before)

100g eggs
32g cornstarch
242 g whole milk
242 g heavy cream
100g granulated sugar
1/2 tsp vanilla paste
pinch of salt
40 g unsalted butter, cut in pieces
whipped cream, amount to taste

for icing decoration:

250 g Icing Sugar
15-25 ml water
candy eyes

Make pate a choux: Mix water, milk, salt and butter in a saucepan with a heavy bottom. Heat until the butter melts completely and the mixture comes to a full boil. Remove from the heat and add the flour all at once. Mix until the flour is all incorporated, put it back into the heat, and set your timer for 5 minutes. Cook moving the dough constantly. At the end of 5 minutes you should see a film forming in the bottom of the pan.

Transfer the dough to a food processor, blitz for 10 seconds to allow steam to escape. With the process running, add the eggs in a stream, and process for 30 more seconds. The dough will be ready to use, but it's best to place it in a piping bag and wait until it cools to around 80F, then it will be very easy to pipe in a baking sheet lined with parchment paper.

Pipe lines with the size you like. Spray the surface with a little water and bake in a 375F oven, but reduce the temperature to 350F as soon as you place the sheet in the oven. Bake for about 40 minutes, do not open the oven door during baking. Eclairs should be fully firm and golden brown. Cut small holes in the bottom to fill them later.

Make diplomat cream. In a medium bowl, whisk eggs with cornstarch until fully combined. Place milk and heavy cream in a saucepan. Remove 1/4 cup of this mixture and add to the eggs (this helps the cornstarch dissolve).

Add vanilla, sugar and pinch of salt to the saucepan with the milk/cream mixture. Bring to a full boil, add a few tablespoons to the egg mixture to temper it, whisking it well. Place the saucepan back in the stove, then add the tempered egg mixture to the saucepan. It should thicken very quickly. Make sure it is at full boil, then cook for 30 seconds longer. You need that to deactivate amylases present in the egg yolks, that would thin the sauce once it's refrigerated.

Pass the cream through a sieve into a bowl, add the butter, and allow it to cool completely. To make diplomat cream, simply fold whipped cream, very cold, into the cold pastry cream and use it to fill the eclairs. You can vary the amount, I like around 25% whipped cream, but you can go 50:50 if you prefer. Fill the eclairs.

Make the icing decoration: sift the icing sugar into a bowl wide enough to allow you to dunk the eclairs. Add the water gradually until you have a thick consistency, you might not need all of the water, you don't want it too thin. Dip the tops of the eclairs, place them in a rack and immediately add the eyes. Wait for 30 minutes or so before drizzling with the icing (place in a piping bag, no need for an icing tip, simply cut a small opening).