

Cream Cheese Éclairs



A simple tasty twist on the classic French éclair, these tempting cream cheese éclairs provide an excellent recipe for making profiteroles or cream puffs as well.

Nutrition Content Per 100g:

Calories 401kcal; Total Fat 23.9g; Saturated Fat 15.7g; Trans Fat 1.0g; Cholesterol 125mg; Total Carbohydrates 41.0g; Dietary Fiber 0.3g; Sugars 21.5g; Protein 5.5g; Calcium 51.6mg; Magnesium 33.9mg; Phosphorus 154mg; Potassium 338mg; Sodium 53.2mg; Iron 1.0mg; Vitamin A 743IU; Vitamin C 1.4mg

Benefit of Using U.S. Permeate:

- Replacement of salt for a "better-for-you" éclair with lower sodium.

For Choux Pastry

Ingredients:

Water	200g
Butter (Unsalted)	100g
U.S. Permeate	25g
Sugar	8g
Plain Flour	200g
Eggs	200g
Vanilla Extract	5g
Total	738g

Preparation:

1. In a saucepan, bring water, butter, permeate and sugar to a boil over high heat.
2. Reduce the heat to low and add the flour. Beat with a wooden spoodle until the mixture is smooth.
3. Put the pan back on low heat and beat the dough for a minute to slightly cook the dough.
4. Transfer the mixture into the bowl of an electric mixer and beat until the dough is slightly cooled.
5. Add in eggs gradually. Mix until dough is smooth and well combined.



Preparation:

6. Fill the mixture into a piping bag fitted with a 1.5 cm star nozzle. Pipe 12 cm lengths onto lightly greased baking trays.
7. Bake at 160°C for 35 to 40 minutes until puffed and golden. Allow to cool completely.

For Cream Cheese Filling

Ingredients:

U.S. Cream Cheese	250g
Butter (Unsalted)	250g
Icing Sugar	300g
Vanilla Extract	10g
Total	810g

Preparation:

1. In a medium bowl, cream together cream cheese and butter until creamy. Mix in vanilla extract, then gradually stir in icing sugar.

To Assemble

1. Use a small, sharp knife to cut the pastries into half and pipe the cream cheese filling into the centre.
2. Dust éclairs with icing sugar.

Tips:

- Éclairs may be coated with melted chocolate and garnished as desired.

Developed by U.S. Dairy Export Council Southeast Asia.
For additional information and recipes using U.S. dairy ingredients, visit: www.ThinkUSAdairy.org/SEAsia