



## MINI ECLAIRS WITH CRÈME ANGLAIS AND RASPBERRY PUREE

Crystal Cassette - Student, Spencer Wigton - Student  
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Southern Maine Community College  
South Portland, Maine

### Ingredients:

24 mini éclair shells  
2-3 cups chocolate glaze

### Basic Cream Filling:

2/3 cups cornstarch  
1 1/3 cups cold milk (for slurry)  
4 cups fat free milk, scalded  
1 2/3 cups sugar, granulated  
6 large egg yolks  
3 tablespoons butter  
2 teaspoons vanilla

### Directions:

1. Mix the corn starch and cold milk to make a slurry.
2. Whisk slurry into scalded skim milk and cook until thickened.
3. Temper egg yolks by adding a little of the thickened milk and mix until incorporated.
4. Whisk tempered egg yolk mixture into remaining thickened milk and cook until thickened (about 2-3 minutes).
5. Remove from heat and whisk in the butter and vanilla.
6. Pour into a shallow pan and cool to at least 40 degrees.
7. Fill a pastry bag with the cream, and pipe into the prepared éclair shells.
8. Dip éclairs into the chocolate glaze, let set.

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*Continued on back.....*

**Crème Anglaise**  
**Raspberry Puree Garni**

**Ingredients:**

1 cup fat free milk  
2 large egg yolks  
1/4 cup sugar, granulated  
1 ½ teaspoon vanilla extract  
1 small vanilla bean (optional)  
raspberry coulis/puree, as needed

**Directions:**

1. Heat the milk to very hot with vanilla bean (optional). Combine egg yolks and sugar, whisk until combined.
2. Temper the yolks and sugar mixture with a couple ounces of the hot milk, return the yolk mixture to the remaining milk and whisk until fully incorporated.
3. Cook over moderate heat, stirring constantly until it reaches 160-165 degrees or coats the back of a spoon.
4. Remove from heat, remove the vanilla bean and stir in the vanilla extract. Cool in an ice bath. If using the vanilla bean, split the bean and scrape the bean contents into the sauce.
5. Place in a squeeze bottle and garnish the plates with approximately 2 Tbsp. Anglaise. Add raspberry coulis garnish to plate. Place three éclairs on the plate and serve. Serves 8.

*This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.*

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