

# CHOCOLATE CARDAMOM ÉCLAIRS

PAIR WITH 2017 ZINFANDEL ESSENCE

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## INGREDIENTS

Serves 6

### Choux Pastry

8 fluid ounces water

4 ounces unsalted butter

½ teaspoon kosher salt

1 tablespoon granulated sugar

5 ounces bread flour, sifted

8 ounces eggs (about 4 large eggs)

Confectioner's sugar

### Chocolate Pastry Cream Filling

2 ¼ cups milk

2 teaspoons vanilla

2 tablespoons cocoa powder

½ teaspoon ground cardamom

3 egg yolks

1 whole egg

½ cup sugar

2 ½ tablespoons cornstarch

¼ teaspoon salt

6 ounces bittersweet chocolate

2 tablespoons butter, softened

### Chocolate Glaze

12 ounces semisweet chocolate chips

½ teaspoon ground cardamom

6 fluid ounces whipping cream  
(about ¾ cup)

a generous pinch of kosher salt

2 tablespoons unsalted butter

2 tablespoons corn syrup (optional)

### Special Equipment

Stainless steel saucepan, Silpat-lined  
baking sheet, pastry bags, small round  
& French tips

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*Turn page for instructions* ➔

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### INSTRUCTIONS

#### Choux Pastry

- Preheat oven to 375° F.
- Place the water, butter, salt, and granulated sugar in a stainless-steel saucepan and heat over medium heat, stirring occasionally. Gradually bring the mixture to a boil, remove the pot from the heat, and add the sifted flour, stirring vigorously to form a ball of dough.
- Return the saucepan to the stove over medium heat and let the dough cook for an additional 2–3 minutes, stirring constantly.
- Remove the saucepan from the heat, transfer the dough to a large mixing bowl, and mix gently for 2–3 minutes to allow it to cool below 160° F. Add the vanilla.
- In a separate bowl, crack the eggs and whisk thoroughly to combine. Using a hand mixer or spatula, add the egg mixture to the dough in 5–6 additions, mixing each addition well before adding more. Stop adding eggs when the dough starts to get a sheen and looks glossy (you may not need to use all of the egg mixture).
- Place the dough in a 16-inch pastry bag fitted with a ½-inch French star tip, secure the bag opening, and set it aside. Line a baking tray with a silicone baking mat. Set aside a bowl of water and a bowl of confectioner's sugar with a small mesh strainer.
- Hold the pastry bag at a 45-degree angle with the French star tip touching the silicone baking mat. Pipe 8–10 éclairs (4–5 inches in length).
- Dip your finger in water and pat the ends of the éclairs to flatten the pointed ends. Sift some confectioner's sugar over each éclair.
- Bake éclairs on the middle rack of your oven for 25 minutes or until golden brown. Once golden, prick each of the éclairs with a sharp toothpick or skewer on one end, then bake for an additional 5–10 minutes until dark golden brown.
- Remove éclairs from the oven and immediately prick them on the other end. Allow to cool for about 10 minutes, then transfer onto a wire rack. Repeat steps 7–10 with any remaining dough.

#### Chocolate Pastry Cream Filling

- Add the milk and vanilla to a medium saucepan and bring to a boil over medium-high heat. Once boiling, remove immediately and set aside.
- Place the sugar, whole egg, yolks, cornstarch, cocoa powder, cardamom, and salt in a medium bowl and whisk until thick and smooth.
- Slowly pour half of the hot milk in a thin stream into the egg mixture while whisking constantly to temper the eggs.
- Add the egg mixture back to the remaining warm milk in the saucepan and heat over medium, whisking vigorously until it starts to thicken (2–5 minutes). Bring the mixture to a gentle boil, then drop the heat to low and add the chocolate chips. Whisk until the chocolate is completely melted.
- Remove the custard from the heat and add the butter, whisking until thoroughly combined. Pour the custard into a bowl and cover the surface with plastic wrap, making sure the plastic wrap is touching the entire surface to prevent a skin from forming on top.
- Allow the custard to cool to room temperature, then refrigerate for a minimum of 2 hours or until completely chilled.
- Place the chocolate pastry cream in a 16-inch pastry bag fitted with a small round tip (5–10mm in diameter). Use the tip to make 3 holes in the bottom of each éclair, then fill the holes with pastry cream.

#### Chocolate Glaze

- Place the chocolate chips in a large bowl.
- Heat the cream and salt in a small saucepan until just simmering, then pour it over the chocolate chips. Add the corn syrup and butter and stir until fully melted and glossy.
- Dip the top of each filled éclair in the chocolate glaze, then place on a wire rack to allow the glaze to set. Serve at room temperature or chilled.

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