



Fil d'OR



DRAGON FRUIT ÉCLAIR STRAWBERRY



FOR COLOURFUL 10 PIECES

PATE A CHOUX

16 cl water (160g)

70g of butter

90g flour type 55

15g milk powder

160g egg (about 3 eggs)

3g powdered sugar

3g of fleur de sel

10gr Fil d'Or Dragon Fruit puree

20gr Fil d'Or Strawberry puree



To make a success of choux pastry there are several things to know:

- *you have to put the salt in, otherwise the dough doesn't rise*
- *the eggs must be at room temperature (because cold eggs in hot dough = catfish!)*
- *the butter must be cut into small cubes in the pan, this is very important: it will melt faster before the water evaporates.*
- *You have to dry the dough in the pan, but not too much either!*
- *the eggs are not added by leaving the dough in the hot pan, but are transferred to a cold container*
- *the eggs are beaten into an omelette before being incorporated*
- *we stir vigorously after the incorporation of each egg*

Preheat the oven to 250° static heat, with a rack on the second tier from the bottom.

In a saucepan, pour the water, then add the salt, sugar, and butter cut into small cubes. Bring to a boil, then, as soon as the butter is melted, add the milk powder and puree. Stir well while boiling for a few seconds, and remove the pan from the heat.

Add the flour at once, then, with a wooden spoon (or not) stir vigorously. Put the pan back on medium heat and dry the dough by stirring constantly for about 30 seconds: it must come off the edges perfectly.

Transfer the dough to a cold container or better, into the bowl of your robot equipped with the sheet (or flat whisk, or "K"), and add the first egg. Stir vigorously to incorporate it if you do not have a robot. When the egg is well incorporated do the same with the other egg, and so on. With these proportions the consistency of the dough will be perfect.

Transfer it to a pocket with a fluted socket or better, a petits fours socket (this is the one I used).

Place the flashes in staggered rows on a baking sheet covered with parchment paper. Be sure to space them well, as they will swell when cooked. The more you press the piping bag, the larger the flash will be.

Now turn off the oven, and put it in the oven for 10 minutes.

Then light the oven at 160° static heat, and extend the cooking time from 20 to 30 minutes depending on the size of the flashes. YOU DON'T OPEN THE OVEN DOOR FOR AT LEAST 20 MINUTES!

If the flashes are golden brown, take them out and let them cool on a wire rack. Ideally, they should be left overnight at room temperature to harden: they will be easier to fill and ice the next day. They will find their softness well on their soft once filled.

CRÈME PATISSIERE DRAGON FRUIT

STRAWBERRY

27cl milk (270g) I put half milk/half whole liquid cream

2 whole eggs

50g powdered sugar

30g flan powder (or cornstarch)

30g of butter

40gr Fil d'Or Dragon Fruit puree

50gr Fil d'Or Strawberry puree



In a saucepan, pour the milk and let it cool. In a container, whisk the eggs with the sugar and flan powder. Pour the warm milk over the egg/sugar/maizena mixture, stir well and pour it into the pan. Bring to a boil and cook for 2 minutes over high heat, stirring constantly with a magic spoon or a small whisk. The pastry cream must be thick enough.

Then add the butter and Fil d'Or dragon fruit and strawberry puree.

Place the cream on a plate, film on contact and set aside in a cool place.

FONDANT

250g of white fondant

20g Fil d'Or Dragon Fruit puree

30gr Fil d'Or Strawberry puree

45g sugar and 4cl water

Melt the fondant over a very low heat: it must not exceed 37° or it will not shine; ideally it is 30°. Add the Fil d'Or purees

MONTAGE

Using a very thin socket or the probe of your cooking thermometer, make two holes on the underside of the flashes.

Take the pastry cream out of the refrigerator, it is then frozen. It must be relaxed by pouring it into a container and whisking it a little to give it back its smoothness. Pour it into a pocket with a 3mm plain socket, and garnish the flashes very generously.

