

Baking and Pastry Performance Assessment Recipe

Menu item: Pâte à choux – Éclair dough

NUMBER OF PORTIONS: 6

YIELD: 3-INCH ECLAIRS

INGREDIENTS

Amounts	Items
2 ounces / 56g	Butter, cut into pieces
½ teaspoon / 4.65g	Sugar
¼ teaspoon / 2.35g	Salt
½ cup / 112g	Water
½ cup / 75g	Flour
3-4 count / 196g	Eggs*

PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit (convection). Line half sheet pan with parchment paper.
2. In a small non-reactive saucepan over medium heat, combine butter, sugar, salt and water.
3. Bring to a boil and quickly stir in the flour with a rubber spatula.
4. Continue to stir until a film forms on the bottom of the pan and it pulls away from the sides. It should resemble a panada (paste before the eggs are added).
5. Remove from heat and transfer contents to a bowl to cool slightly for about 3 minutes.
6. *Add 2 - 4 eggs, one at a time, stirring vigorously to entirely incorporate each egg after each addition. May not need all eggs.
7. Transfer the pâte à choux to a large pastry bag fitted with a plain tip.
8. Pipe 3-inch-long sticks onto the baking sheet.
9. Gently smooth the pointed peaks with a moistened finger, rounding tops to ensure even rising.
10. Bake until puffs rise and are golden brown for about 30 minutes.
11. Let cool on sheets on wire racks.
12. Transfer pastry cream to a pastry bag fitted with a plain tip.
13. Fill the éclair with pastry cream.
14. Dip the top in the prepared ganache and rest on top of the pastry cream.
15. Serve immediately.

Menu item: Vanilla pastry cream

NUMBER OF PORTIONS: 8

YIELD: 2 ½ CUPS

INGREDIENTS

Amounts	Items
1 cup, removing 2 tablespoons and set aside / 224g, 28g set aside	Whole milk
½ cup / 112g	Heavy cream
3 large	Egg yolks
½ cup / 112g	Granulated sugar
2 tablespoons plus 1 ½ teaspoons / 15g and 5g	Cornstarch
1 teaspoon / 5g	Vanilla extract

PROCEDURE

1. In a heavy, medium non-aluminum saucepan bring the milk (minus 2 tablespoons) and cream to a boil.
2. In a heatproof stainless steel or tempered glass mixing bowl, whisk egg yolks, sugar, cornstarch, and 2 tablespoons of reserved milk until there are no lumps.
3. Slowly drizzle the hot milk into the egg yolk mixture, whisking constantly until all the milk has been added. Pour the mixture back into the saucepan and place it over medium high heat, bring to boil, whisking all the time. The mixture will become thick.
4. Boil and whisk for 1 minute. Do not allow the custard to burn.
5. Remove the mixture from the heat and whisk in the vanilla extract. Pour the custard into a bowl and place a piece of plastic wrap directly onto the custard to prevent a skin from forming.
6. Place on an ice water bath to properly cool the pastry cream to a safe temperature (<41°F), verify with a bi-metallic stemmed thermometer.

Menu item: Chocolate ganache

NUMBER OF PORTIONS: 8

YIELD: 1 CUP

INGREDIENTS

Amounts	Items
---------	-------

4.5 ounces / 126g	Bittersweet chocolate, chopped
-------------------	--------------------------------

½ cup / 112g	Heavy cream
--------------	-------------

PROCEDURE

1. Place the chocolate into a medium bowl.
2. Heat the cream in a small saucepan over medium heat.
3. Bring to a boil, watching very carefully because if it boils for a few seconds, it will boil out of the pot.
4. When cream has come to a boil, pour over the chopped chocolate, and whisk until smooth.
5. Allow the ganache to cool slightly before dipping the éclair.

Finished Product

