

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 017 01**

**ECLAIRS**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
139 cal	10 g	3 g	10 g	90 mg	121 mg	14 mg

**Ingredient**

BUTTER  
 WATER,BOILING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

2 lbs  
 4-1/8 lbs  
 2-3/4 lbs  
 1/4 oz  
 3-5/8 lbs  
 2 oz

**Measure**

1 qts  
 2 qts  
 2 qts 2 cup  
 1/8 tsp  
 1 qts 2-5/8 cup  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Combine butter and water; bring to a boil.
- 2 Add flour and salt all at once stirring rapidly. Cook 2 minutes or until mixture leaves the sides of the pan and forms a ball.
- 3 Remove from heat; place in mixer bowl. Cool slightly.
- 4 Add eggs, while beating at high speed, using a flat paddle. Beat until mixture is thick and shiny.
- 5 Spray each pan with non-stick cooking spray. Use a pastry bag or drop 2-1/2 tablespoons of batter 2 to 6 inches apart on sprayed pans; spread each mound into a 1x4-1/2 inch rectangle, rounding sides or piling batter on top.
- 6 Bake at 400 F. for 10 minutes; reduce oven temperature to 350 F. ; bake 30 minutes longer or until firm. Turn off oven.
- 7 Open oven door slightly; leave puffs in oven 8 to 10 minutes to dry out after baking. Shells should be slightly moist inside.
- 8 Using a pastry tube, fill shells. See Note 1.
- 9 Refrigerate filled shells until served.

**Notes**

- 1 Fill shells with 2/3 recipe Vanilla Cream Pudding Recipe No. J 014 00, 1 recipe Whipped Topping Recipe No. K 002 00, or commercial prepared hard ice cream may be used. Fill shells with 1/3 cup filling. Sprinkle with sifted powdered sugar or cover with Chocolate Glaze Frosting, Recipe No. G 024 00.