

REFINED



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A golden sweet éclair filled with a banana Chantilly cream, coated in a black sesame and Venezuela chocolate with passionfruit ganache on top, served with a chocolate microwave sponge.

- Sub Category Name
Food
Main Courses

- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

REFINED Golden Choux Éclair

- 125ml Milk
- 125ml Water
- 5g Salt
- 12g Sugar
- 125g Butter
- 150g Plain Flour
- 5 Eggs

Banana Chantilly

- 140ml Cream
- 140g Fresh Banana Puree

- 300g Milk Chocolate
- Pinch of Sea Salt

Passion Fruit And Venezuela Chocolate Ganache

- 250ml Passionfruit Puree
- 600g Venezuela Chocolate, melted
- 125g Butter, room temperature

Microwave Sponge

- 200g Whole Eggs
- 80g Sugar
- Pinch of Salt
- 21g Plain flour
- 105g Venezuela Chocolate, melted

Sesame And Chocolate Coating

- 100g Venezuela Chocolate
- 30g Cocoa Butter
- 20g Black Sesame Seeds

Methods and Directions

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Golden Choux Éclair

- Place water, milk, salt, sugar and butter in a saucepan over medium heat.
- Bring just to the boil, once there add all the flour to the butter mixture at once and use a wooden spoon to beat until well combined.
- Place over low heat and cook, stirring, for 1-2 minutes or until the mixture forms a ball and begins to come away from the side of the saucepan.
- Transfer to an electric mixer and beat on medium speed.
- Allow to cool slightly, and then, on low heat, add the eggs one by one, making sure each egg mixes completely in before adding the next (you may not need all the eggs).
- Beat until the mixture just falls from the spoon but still holds its shape.
- Preheat oven to 180°C. Brush a baking tray with oil to lightly grease.
- Use a pastry bag fitted with a piping nozzle to pipe the shape of 8cm éclairs onto the baking tray.
- Bake in preheated oven for 25 minutes or until the éclair pastry is puffed and golden.
- Remove from oven and turn the oven off.
- Using a skewer or a small knife, pierce the base (or top) of each éclair to release the steam.
- Return the éclairs to the oven and leave them for 15 minutes to dry out.

- Remove the éclairs from the oven and transfer to a wire rack to cool.

Banana Chantilly

- In a small saucepan place the cream, banana puree and salt and bring to a boil. Pour over the chocolate and stir to combine. Pour into a container and reserve until needed.

Passion Fruit And Venezuela Chocolate Ganache

- Bring the passion fruit puree to the boil; meanwhile melt the chocolate.
- When the puree has reached boiling point, pour onto the chocolate and let stand for a minute.
- Stir the mix then blend with a hand blender until the ganache is shiny.
- Try not to get any air into the ganache.
- Cover and allow cooling to 35C, add the butter and blend until completely combined.
- Cover and allow to set at room temperature.

Microwave Sponge

- Whisk the eggs, sugar and salt until light and fluffy. Add ½ the flour, followed by the melted chocolate and the remaining flour and mix until just combined. Allow to rest for 15 mins. Pierce a small hole in the bottom of a paper cup and fill the cup ¾ with the mix. Place into the microwave and cook for 45 mins.

Sesame And Chocolate Coating

- In a safe plastic, place the chocolate and cocoa butter and melt in the microwave until smooth. Remove from the microwave and stir in the black sesame seeds, reserve until needed. When ready to use, heat to 45°C.