



— NICOLAS PACIELLO —

# PISTACHIO ECLAIR

ADVANCED MASTERCLASS





## TECHNICAL DESCRIPTION

### TOTAL COMPLETION TIME

6 hours 20 minutes

### COMPLETION TIME

50 minutes

### BAKING TIME

30 minutes

### REST PERIOD

6 hours

### INGREDIENTS

#### YIELDS 10 ECLAIRS:

- 4.9 oz of water (140 g)
- 4.9 oz of whole milk (140 g)
- 7.9 oz of butter (225 g)
- 7.1 oz of whole eggs (200 g)
- 12.7 oz of liquid whipping cream (360 g)
- 9 oz of T45 flour (255 g)
- 4.7 oz of sugar (134 g)
- 1.8 oz of brown sugar (50 g)
- 0.2 oz of salt (5 g)
- 1 pinch of fleur de sel
- 15.3 oz of pistachios (435 g)
- 0.7 oz of grape seed oil (20 g)
- 4.2 oz of white chocolate (120 g)
- 2 sheets of gelatin (0.2 oz / 4 g)

### SPECIFIC UTENSILS

- Rolling pin
- Perforated silicone baking mat
- 3 piping bags
- Plain #14 tip
- Plain #10 tip
- Parisian spoon
- Grater

## STEP 1 – PISTACHIO PRALINE

### INGREDIENTS

- 14.8 oz of pistachios (420 g)
- 2.8 oz of granulated sugar (80 g)
- 0.7 oz of grape seed oil (20 g)
- 1 pinch of fleur de sel

### CHEF TIP

- When preparing a dry caramel, the most important thing is to take your time.
- For the pistachio praline, if you would like to get a more liquid consistency, simply add more grape seed oil.

In a pan, line its bottom with a little bit of sugar and prepare a dry caramel.

As soon as the sugar starts to melt, gradually add the rest of the sugar.

Gently move the sugar in the pan until obtaining the desired color.

Pour the caramel on top of a silicone mat,

Immediately spread it in a thin layer so that it quickly cools down.

Place the non roasted pistachios, the chunks of caramel and the fleur de sel in a Robot Coupe®.

Mix until you get a paste.

Depending on the texture and fat content of the pistachios, gradually add some grape seed oil.

Once the desired texture is obtained, place in a recipient and set aside, at room temperature.

Fill a tipless piping bag with a small quantity of pistachio praline, which will be used later to decorate the eclairs.

Keep the rest in a recipient, that part will be used to prepare the whipped ganache.



## STEP 2 – WHIPPED PISTACHIO GANACHE

Soak the gelatin sheets in cold water.

In a pan, over high heat, bring the 120 g of cream to the boil.

Meanwhile, pour the pre-melted white chocolate into a round-bottomed bowl.

Pour half of the warm cream over the melted white chocolate and mix with a Maryse spatula.

Add the softened gelatin to the rest of the warm cream in the pan.

Pour over the mixture and mix well.

Add the pistachio praline and continue to mix while making circular motions.

Add the 8.6 oz of cold cream and mix.

Using a hand-held mixer, smooth out the ganache without creating any air bubbles.

Cover it with wrap to ensure contact and refrigerate the ganache for at least 6 hours.

### INGREDIENTS

- 4.3 oz of melted white chocolate (120 g)
- 4.3 oz of liquid whole cream (warm) (120 g)
- 8.6 oz of liquid whole cream (cold) (240 g)
- 4.3 oz of pistachio praline (120 g)
- 2 sheets of gelatin (0.2 oz / 4 g)
- Cold water

### CHEF TIPS

- To prepare a good whipped ganache, use the same quantity of cold cream and warm cream plus chocolate, so that the mixture can properly expand when whipped.
- Always use a whipping cream with a 30% fat content.



## STEP 3 – CRAQUELIN

### INGREDIENTS

- 3.6 oz of flour (100 g)
- 3.6 oz of butter (100 g)
- 1.8 oz of sugar (50 g)
- 1.8 oz of brown sugar (50 g)

### CHEF TIP

- Do not over mix the dough with your hands, in order to avoid rising the temperature of the dough and melting the fatty ingredients.
- When rolling out the dough between the parchment paper sheets, turn the dough over to avoid paper folds.

Dust the work surface with a little bit of flour so that the dough does not stick to it.

Then, place the butter, some sugar and some flour on the work surface.

Mix the ingredients with a bowl scraper.

Gradually add the rest of the sugar and the rest of the flour and continue to mix with the bowl scraper until obtaining a dough that is homogeneous in texture.

Shape in a ball.

Take two sheets of parchment paper and place the craquelin in the middle.

Using a rolling pin, roll out the dough to a thickness of about two millimeters.

Place the dough in the freezer for about 5 minutes to harden it a bit and to make sure the fatty materials have been thoroughly incorporated into the dough.

## STEP 4 – CHOUX PASTRY

Preheat the oven to 200° C.

In a pan, pour the water, the milk, the salt, the sugar and the butter.  
Heat all the ingredients.

Once the butter has thoroughly melted and the mixture has started to boil, remove from the heat and add the flour.

Away from the heat, mix vigorously with a spatula.

In order to get the optimal texture and while continuing to mix, heat the panade over low heat in order to dry it out a bit.

Once the dough has dried out a bit and no longer sticks to the sides of the pan, remove from the heat.

Place the panade into a mixing bowl.

Using a mixer fitted with a flat blade, gradually add the pre-whisked eggs while mixing.

Each time the texture of the dough has become homogeneous again, add more eggs, until getting the desired texture.

Fill a piping bag fitted with a #14 plain tip with the choux pastry. On a perforated silicone baking mat, pipe out some eclairs measuring between 10 and 12 cm in length.

Retrieve the craquelin from the freezer.

With a knife, cut out some rectangles that are slightly bigger than the choux pastry eclairs.

Place a rectangle of craquelin on top of each éclair.

Bake at 160° C for about 30 minutes in a ventilated oven.

### INGREDIENTS

- 4.9 oz of whole milk (140 g)
- 4.9 oz of water (140 g)
- 4.4 oz of butter (125 g)
- 0.2 oz of salt (5 g)
- 0.2 oz of sugar (4 g)
- 5.5 oz of T45 flour (155 g)
- 7.1 oz of whole eggs (200 g)

### CHEF TIPS

- In the pan, mix vigorously in order to avoid getting lumps in the choux pastry.
- After taking the craquelin out of the freezer and before unmolding it, remove one sheet of parchment paper and dust the surface of the craquelin with flour, so that it does not stick to the work surface.



## STEP 5 – ASSEMBLY & FINISH

### INGREDIENTS

- 0.5 oz of pistachios (15 g)

### CHEF TIPS

- Smooth out the top of the éclair filling so that it will be easier to pipe out the ganache balls. It will make your final product more attractive.
- To decorate the éclairs more easily, refrigerate them for a few minutes before placing the pistachio praline in the hollowed parts of the whipped ganache.

Retrieve the éclairs, the ganache and the piping bag filled with pistachio praline.

Place the pistachio ganache in a bowl and using a mixer fitted with a whip attachment, whisk until the texture is thick and firm.

Remove the top part of the éclairs, about 1/3 of the total height.

Using the pre-filled piping bag, fill the bottom of the éclair with some pistachio praline.

Fill a second piping bag fitted with a #10 plain tip with some whipped pistachio ganache .

Fill the éclairs to the top. Smooth and even out with a spatula.

Then, pipe out balls of ganache of the same size by placing the piping bag perpendicularly to the éclair.

Get a Parisian spoon and dip it in lukewarm water.

With the spoon, scoop out and gently hollow out the top of each ganache ball.

Using the piping bag filled with pistachio praline, fill the hollowed parts of the whipped pistachio ganache.

Cut some pistachios in two, lengthwise, and place them on the éclairs to decorate them.

And finally, grate some pistachio on top.

And VOILA CHEF, it is ready to eat !