

Glutenista's Gluten-Free Eclairs



You Will Need:

FOR THE PASTRY:

- 1 Cup & 2 Tablespoons Gluten-Free Flour - *MOST IMPORTANT INGREDIENT! SEE NOTE!*
- 2 Tablespoons Granulated Sugar
- 1/4 tsp. Salt
- 1 Stick Butter (Unsalted)
- 1 Cup Water
- 4 Eggs, Room Temperature

FOR THE FILLING:

- 5 oz box Instant Vanilla Pudding
- 2 1/2 Cups Milk
- 1 Cup Heavy Whipping Cream
- 1/4 Cup Powdered Sugar
- 1 tsp. Gluten-Free Vanilla Extract

FOR THE CHOCOLATE TOPPING:

- 2-4 oz Bittersweet Chocolate
 - 2-4 Tablespoons Butter
- *use one-to-one ratio*

Step-By-Step Directions:

PASTRY:

1. Preheat Oven to 400 degrees
2. In saucepan over medium-high heat, boil Butter, Sugar, Water & Salt
3. Remove from heat, add flour & stir like heck for TWO minutes
4. Place dough in bowl of KitchenAid Stand Mixer & beat at medium speed for ~1 minute THEN
5. While mixing add eggs one at a time, giving them time to absorb
6. Keep mixing until dough is smooth & sticky (if it looks like mac & cheese, keep mixing!). *Refrigerate dough for a few minutes to make it easier to work with.*
7. Using a Pastry Bag with 1" tip, pipe out dough into logs on baking sheet covered in parchment paper. ~2 inches for mini-eclairs and ~5 inches for large gluten-free eclairs
8. Bake at 400 degrees for 10 minutes
9. Reduce heat to 325 and bake eclairs for 20-30 minutes longer, until brown.
10. Remove from oven, place on rack to cool & pierce a few small holes in eclair to let steam out.

FILLING:

- Make Vanilla Pudding: Combine Pudding Mix & Milk, let firm up in fridge for at least 5 minutes
- Place Cream in KitchenAid Mixer & whip (med-high speed) until **soft peaks** form
- Mix in Powdered Sugar & Vanilla
- Fold in Vanilla Pudding
- *Go ahead & taste it, seriously - this stuff is light & airy & delicious!*

CHOCOLATE ICING:

- Cut Pastry Shells in half lengthwise
- Melt Chocolate in Microwave starting with 30 seconds, mixing, then moving to 10-15 second increments
- Add in Butter & stir until melted
- Dip top of shell in chocolate (*pour chocolate onto plate if needed*)
- Let chocolate dry for a few minutes, then spoon cream onto bottom & place chocolate shell on top!
- Enjoy immediately! Those that you don't eat keep best if frozen.

Glutenista's Tips & Tricks:

- **You must use a Gluten-Free Flour or a Flour Blend that behaves like gluten-y flour!** What does this mean? usually Xanthan Gum. We've used Jules Gluten-Free All Purpose Flour 3 times, and each time they turned out exceptional. We used Bob's Red Mill Baking Mix once & they turned out good - puffed just as high, but spread a little wider. Use a flour that has worked for you before (or Jules').
- **No pastry bag? No problem!** Place dough in ziploc bag & cut corner to pipe. Dough too sticky? Put it in the fridge for a few minutes for better handling.
- **Be Fancy & Gourmet:** Call the pastry by it's French Name "*Pate A Choux*" & make your own Pastry Cream ([Martha Stewart Recipe](#))
- Add Fresh Berries to top of Eclair or to plate to pretty it up!
- Pastries & Cream can be made ahead of time, but eclairs should be assembled close to eating time.

Variations on the Gluten-Free Eclair:

- Use the same dough & filling to make **gluten-free cream puffs!**
- **Gluten-Free Mint Chocolate Eclairs:** Substitute Instant Chocolate Pudding & add 1/2 tsp Mint Extract to Chocolate
- **Gluten-Free Maple Eclair** - Add Maple Syrup to Cream Filling, Top with Maple Caramel Frosting
- **Gluten-Free Coconut Eclair** - Coconut Filling + Tropical Frosting + Coconut Flakes
- **Gluten-Free Pumpkin Spice Eclair** - Pumpkin Spice Pudding + Cream Cheese Frosting
- **Gluten-Free Lemon Eclair** - Lemon Pudding + Light Lemon Frosting
- **Gluten-Free Strawberry Eclair** - Strawberry Pastry Cream + Light Strawberry Icing



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