

Cream Cheese Éclairs

A simple tasty twist on the classic French éclair, these tempting cream cheese éclairs provide an excellent recipe for making profiteroles or cream puffs as well.

For Choux Pastry

INGREDIENTS

	Quantity (g)	Usage Level
Water	200	27.1
Butter (Unsalted)	100	13.6
U.S. Permeate	25	3.4
Sugar	8	1.1
Plain Flour	200	27.1
Eggs	200	27.1
Vanilla Extract	5	0.7
Total	738	100

PREPARATION

1. In a saucepan, bring water, butter, permeate and sugar to a boil over high heat.
2. Reduce the heat to low and add the flour. Beat with a wooden spoodle until the mixture is smooth.
3. Put the pan back on low heat and beat the dough for a minute to slightly cook the dough.
4. Transfer the mixture into the bowl of an electric mixer and beat until the dough is slightly cooled.
5. Add in eggs gradually. Mix until dough is smooth and well combined.
6. Fill the mixture into a piping bag fitted with a 1.5 cm star nozzle. Pipe 12 cm lengths onto lightly greased baking trays.
7. Bake at 160°C for 35 to 40 minutes until puffed and golden. Allow to cool completely.



BENEFIT OF USING U.S. PERMEATE

- Replacement of salt for a “better-for-you” éclair with lower sodium.

NUTRITIONAL CONTENT

Per 100g	
Calories	401kcal
Total Fat	23.9g
Saturated Fat	15.7g
Trans Fat	1.0g
Cholesterol	125mg
Total Carbohydrates	41.0g
Dietary Fiber	0.3g
Sugars	21.5g
Protein	5.5g
Calcium	51.6mg
Magnesium	33.9mg
Phosphorus	154mg
Potassium	338mg
Sodium	53.2mg
Iron	1.0mg
Vitamin A	743IU
Vitamin C	1.4mg

For Cream Cheese Filling

INGREDIENTS

	Quantity (g)	Usage Level
U.S. Cream Cheese	250	30.9
Butter (Unsalted)	250	30.9
Icing Sugar	300	37.0
Vanilla Extract	10	1.2
Total	810	100

PREPARATION

1. In a medium bowl, cream together cream cheese and butter until creamy. Mix in vanilla extract, then gradually stir in icing sugar.

TO ASSEMBLE

1. Use a small, sharp knife to cut the pastries into half and pipe the cream cheese filling into the centre.
2. Dust éclairs with icing sugar.

TIPS

- Éclairs may be coated with melted chocolate and garnished as desired.

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.