

# Custard Éclairs



## INGREDIENTS

	Usage Levels (%)
<b>Shell</b>	
Egg	35.70
Water	28.60
Flour, cake (sifted)	21.40
<b>Butter</b>	<b>14.30</b>
<b>Total</b>	<b>100.00</b>
<b>Filling</b>	
Water (1)	21.30
Water (2)	21.30
<b>Milk, fresh</b>	<b>20.90</b>
Sugar	14.21
Egg, yolk	8.10
<b>Butter</b>	<b>4.73</b>
Corn starch	4.73
<b>Whey protein concentrate, 34% protein (WPC 34)</b>	<b>4.73</b>
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	200kcal
<b>Total Fat</b>	11g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	155mg
<b>Total Carbohydrates</b>	20g
Dietary Fiber	0g
Sugars	9g
<b>Protein</b>	5g
Calcium	46mg
Magnesium	6mg
Phosphorus	55mg
Potassium	45mg
Sodium	105mg
Iron	1mg
Vitamin A	431IU
Vitamin C	0mg


## PREPARATION

### Shell

1. **Heat butter and water to boiling.**
2. **Add cake flour; quickly stir until dough is formed.**
3. **Stir dough in mixer; add eggs, one by one.**
4. **Put mix in pastry bag and shape eclairs on greased trays.**
5. **Bake at 204°C (400°F) for 20 minutes.**

### Filling

1. **Sift corn starch and WPC 34 and mix with water (1).**
2. **Melt sugar with water (2); add corn starch, milk and egg yolk, mix well.**
3. **Heat mix until thickened; add butter and let cool.**
4. **Cut eclairs open and fill.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product.  [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. ©2014 U.S. Dairy Export Council.