Savory Cream Puffs and Eclairs

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|  | **Jim – 4 Guys and a Tomato**  **Event:** Bainbridge Island Spouses and Guests, August 19, 2022  **Inspired by:** Norman Love, *Baking with Julia* (Season 2, Episode 13) |

Norman Love spent 13 years as Executive Pastry Chef for Ritz-Carlton, but he is best known for his ganache chocolates. On one of his appearances with Julia Child, he departed from his sweet confections and demonstrated a savory version of cream puffs and eclairs, adding cucumber, onion, and dill to the classic Pate Choux.

Ingredients:

Pate Choux

|  |  |  |
| --- | --- | --- |
| ½ | C | Whole Milk |
| ½ | C | Cucumber Juice |
| 1½ | T | Red Onion Juice |
| 7 | T | Butter |
| 1 | C | AP Flour |
| 8 |  | Eggs |
| 2 | t | Fresh Dill, coarsely chopped |
|  |  | Salt and Pepper |

Vegetable Medley

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| ¼ | C | Finely Diced Red Bell Pepper |
| ¼ | C | Finely Diced Seeded Cucumber |
| ¼ | C | Finely Diced Ripe Mango |
| ¼ | C | Finely Diced White Onion |
| ¼ | C | Finely Diced Summer Squash |
| ¼ | C | Finely Diced Raw Carrot |
| ¼ | C | Finely Diced Celery |
| ¼ | C | Finely Diced Seeded Tomato |
| 1 | T | Balsamic Vinegar |
| ½ | C | Mascarpone Cheese (room temperature) |
|  |  | Kosher Salt and Black Pepper |

Salmon Mousse

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| --- | --- | --- |
| ½ | lb | Smoked Salmon |
| 4 | oz | Cream Cheese (room temperature) |
| ½ | t | Perno (or a teaspoon of horseradish) |
|  |  | Black Pepper |

Directions:

Preheat oven to 400ᵒ.

Bring milk, juices, butter, fresh grated black pepper, and a pinch of salt to a boil. Add flour and stir vigorously to remove lumps. Cook for about a minute. A skin will form on the bottom of the pot and the dough will form a ball. Move dough to a mixer and mix on lowest speed with a paddle attachment for about one minute to cool it slightly and let some steam escape.

Add six to seven eggs, one at a time, letting each blend into the dough. Continue at low speed; do not allow air to incorporate into the mixture. The last egg may or may not be necessary. One wants a smooth paste that will pull up when touched with the paddle and then fold over itself as it falls away. Mix it briefly by hand with the paddle to insure all the mixture is scraped from the bottom of the bowl and well incorporated. Add coarsely chopped dill. Blend with a wooded spoon or rubber spatula as to not add air into the mixture.

Bag the choux into the pastry bag while warm. Using a large (#5) straight tip, pipe the mixture straight down onto a baking tray lined with parchment paper to form about a two-inch mound. Give the tip a quick twist release (sort of forming a letter C) to cut off the tail. Form the eclairs by piping a line of choux and cutting the tail by quickly moving back onto itself. If you do not have a pastry bag, dip a tablespoon in oil or hot water, then drop the dough onto the sheet as one would when making biscuits.

Lightly brush the top of the choux with an egg-wash (one egg and a little water beaten with a fork). Run a fork along the top of the eclairs to for a slight groove.

Bake 10 to 15 minutes, then lower temperature to 350⁰ for remaining 15 minutes. Do not open oven; the steam is what allows the pate choux to grow. Cool on a rack.

**Mascarpone Vegetable Medley**

Carefully fold all ingredients together in a bowl. It is best rested for several hours (or made the day before).

Slice the eclairs three quarters with a serrated knife and add the vegetables.

**Salmon Moose**

Combine salmon and cream cheese in a food processor with a steel blade to form a smooth paste. Add Perno and black pepper. Scrape down the sides and process a moment further.

Using a small tip on the pastry bag, fill the profiteroles by poking a hole into the bottom. (Without a pastry bag, slice the pastry partly open and fill with a spoon). Garnish each profiterole with a dollop of moose and a tiny sprig of dill.