



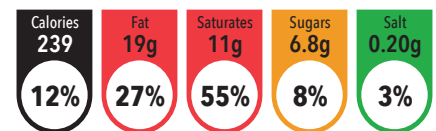
SALTED CARAMEL & LEMON ECLAIRS

 **Prep:** 20 minutes plus cooling

 **Cook:** 35-40 minutes

 **Serves:** 12

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 85g unsalted butter
- 100g plain flour
- ¼ tsp **LoSalt**
- 3 medium eggs, beaten

Filling:

- 300g whipping cream
- 100g lemon curd
- 50g caramel sauce
- ¼ tsp **LoSalt**

METHOD:

1. Preheat the oven to 200°C, gas mark 6. Line 1-2 large baking trays with baking parchment. Fit a piping bag with a 1.5cm round nozzle.
2. For the eclairs, melt the butter in a medium saucepan with 225ml water and bring to a boil, add the flour and **LoSalt** and beat vigorously until the mixture is smooth and pulls away from the sides of the pan. Transfer to a large mixing bowl and cool for 10 minutes.
3. Beat in the eggs a little at a time until well combined. Spoon into the prepared piping bag and pipe 12 x 10cm long eclairs on the prepared trays, allowing space between each one. Bake for 35-40 minutes then allow to cool completely.
4. Whip the cream to firm peaks and stir in the lemon curd. Transfer to a piping bag. Slit the eclairs open along the long edge and pipe in the lemon cream.
5. Mix the caramel sauce and **LoSalt** together and drizzle over the top of the eclairs to serve.