

# Baking with **LAMB**



**Who ever thought lamb could be used to bake with? Try these bakes with lamb broth, adding protein to your bakes.**

Makes 10 eclairs  
(32g each)



# High protein air fryer chocolate eclairs

## Eclairs:

113 mL Lamb bone broth  
48 g Unsalted butter  
56 g Cake wheat flour  
1.5 Large eggs

## Cheat Pate Choux:

250 g Milk Chocolate  
250 g Low fat Cottage cheese

## Ice Cream:

Place the broth and butter in a saucepan. Bring to a boil. Make sure the butter is fully melted.

Remove from the heat and immediately add all the flour. Put the pan back on the heat and mix until it comes away from the sides of the pan.

Place the dough in a bowl and chill in the blast chiller until cold.

Transfer the dough to the bowl of a mixer fitted with the paddle attachment and beat it for a few seconds at medium speed. Then beat in the eggs until the dough is shiny.

Place the dough in a pastry bag fitted with a star piping tip and pipe lines onto only a piece of parchment paper that will fit into your air fryer tray.

Place in the tray and air fry for 18 minutes at 180°C on one side and turn to bake for 12 minutes on the other side.

Cool eclairs completely before piping.

For the filling, melt 145 g chocolate in a bain-marie.

Blend the chocolate and cheese together until smooth. Place into a piping bag.

Melt the remaining chocolate and dip the éclair into it to glaze the top of the éclair.

To fill the eclairs, pipe the filling onto the bottom half of the éclair and place the glazed top part of the éclair on top of the filling.

Recipe by Michelle Du Preez from the University of Pretoria

Photos by Christo Harvey

Equipment used Instant Brands Vortex Pro Air Fryer