

## Pate Choux Skill Level – Easy. Makes 20-25 cream puffs

This easy to make paste is the foundation for many classic desserts like eclairs, profiteroles and cream puffs, and also savory appetizers like bouches or cheese puffs. The puffs are hollow in the center so they make a wonderful item to fill with any sort of filling.

### **Ingredients Equipment Cooking:**

Water 1 1/3 cup Saucepan, wooden spoon Oven Temp 425F

Butter 7 Tbsp Sheet pan and baking paper liner

Salt 1/2 tsp Piping Bag , #10 star tip

Sugar 3/4 tbsp cake rack

Flour 1 1/4 cup  
sifted

Eggs 4 large \*Pre heat oven\* 425 F

Place water, butter, salt and sugar into saucepan and bring to a boil. Remove from heat and add sifted flour. Stir well and return to heat while stirring until the paste comes cleanly away from the sides of the pot. Incorporate one egg at a time beating to incorporate well before adding the next egg.

Place paste into a piping bag or use spoons to form balls roughly the size of a ping pong ball.

Place them onto a lightly greased sheet pan lined with parchment paper about 2 inches apart.

Lightly dab the top of each pastry with milk.

Place into a hot oven and bake for 15 – 20 minutes, depending on their size .

The pastry should be uniformly brown with no yellow spots.

Let cool in a dry area, fill with your choice of filling .

## Cream Puffs

Whipping Cream 1 cup Place chilled cream, sugar and vanilla in a bowl and whisk until it holds it

Powder Sugar 1/4 cup weight in a whisk

Vanilla to  
taste

Chocolate  
Sauce

Dark Chocolate 1 cup chopped Boil milk ,sugar and cream, add chocolate and stir until melted

1/2 cup milk add butter when smooth and stir

1/4 cup  
cream

2 Tbsp sugar 2 Tbsp  
Butter