

CREAM PUFFS

You don't have to be a French Chef in order to make these nice little desserts, in fact they're fairly simple to make, you just need to plan ahead for timing. The dough used for this recipe is called "pate a choux", but almost always referred to as choux pastry, pronounced "shoe". It's also unique in that it is one of the only doughs that is prepared using heat before it is cooked!

INGREDIENTS:

½ Cup (1 stick) Butter
1 Cup Water
1 teaspoon Sugar
½ teaspoon Salt
1 Cup Flour
5 Eggs (4 for the choux and 1 for the egg wash)

1 Recipe Pastry Cream, and **YOU WILL NEED** a Pastry Bag!

DIRECTIONS:

Make the Pastry Cream first! It's not hard but will take about 2 hours to cool. When that's done, carry on with the recipe.

Line 2 cookie sheets with parchment paper and preheat oven to 375 degrees.

In a medium saucepan over med-high heat, combine the butter, water, sugar, and salt. Bring it to a boil and quickly stir in the flour with a wooden spoon. Continue to stir until a film forms on the bottom of the pan.

Remove from heat and allow to cool a bit for 3-4 minutes. Add 4 eggs, one at a time, stirring briskly to entirely incorporate the egg after each addition.

Prepare the egg wash by whisking together the 5th egg with 1 Tablespoon of water.

Place the choux dough into a large pastry bag fitted with a 5/8-inch plain tip and pipe 1 ½ inch rounds onto your prepared pans. **OR:** Use a small ice cream scoop with a diameter of about 1 ½ inches. **OR:** Use 2 spoons and do the best you can. Regardless of your technique, gently smooth any peaks with a moistened finger, rounding the tops. This recipe will make about 20 puffs or so.

Brush the tops with egg wash, then bake for 30 minutes or so, until they are risen and golden brown. Let puffs cool on their sheets on wire racks.

Put pastry cream in a pastry bag with a tip of your choice and fill from the side or bottom. You get to decide how much goes in! Sprinkle with powdered sugar if you like and serve immediately.