

COLLAPSED

DOUGHY

PERFECT



KITCHEN

Pate au Choux

*This airy, egg-y pastry is used to make cream puffs, éclairs, profiteroles and more.
From Martha Stewart*

INGREDIENTS

- ½ cup (1 stick) unsalted butter, cut into ½ -inch pieces
- 1 tsp sugar
- ½ tsp salt
- 1 ¼ cups all-purpose flour
- 4 large eggs, plus 1 large egg white

PREPARATION

1. Bring butter, sugar, salt, and 1 cup water to a **boil** in a medium saucepan. Remove from heat.
2. Using a wooden spoon, quickly stir in flour. Cook over **medium-high heat**, stirring constantly, until mixture pulls away from sides and a film forms on bottom of pan, about 3 minutes.
3. Transfer to the bowl of an electric mixer fitted with the paddle attachment. Mix on **low speed** until slightly cooled, about 1 minute. **Raise speed to medium**; add whole eggs, **1 at a time**, until a soft peak forms when batter is touched with your finger.
4. If peak does not form, lightly beat remaining egg white, and mix it into batter a little at a time until it does.



Profiteroles

Total: 1 hr 25 min Active: 25 min - Yield: 8 to 12 servings - Recipe courtesy of Anne Burrell

INGREDIENTS

- 1/2 cup water
- 1/2 stick butter
- Pinch salt
- 1/2 cup all-purpose flour
- 2 eggs
- Pinch ground cinnamon
- Ice cream
- Chocolate Sauce, recipe follows
- Chocolate Sauce:
- 4 ounces semisweet or dark chocolate
- 1/4 cup heavy cream
- 2 TBSPs butter
- 1 TBSP corn syrup
- 1 good pinch ground cinnamon

PREPARATION

1. Preheat oven to 425 degrees F.
2. In a small saucepan combine the water, butter and salt and bring to a boil. Reduce the heat and add the flour all at once and stir it vigorously with a wooden spoon. Cook until the mixture has formed a ball and has a slightly sweaty sheen to it and it has pulled away from the pan. Transfer the mixture to a mixing bowl and let cool for 3 to 4 minutes. The mixture does not have to be cold, just cool enough not to cook the eggs when added. Using an electric mixer or lots of good old-fashioned elbow grease, beat in the eggs 1 at a time. Do not add the second egg until the first is fully incorporated. Add in the cinnamon and beat for another second to combine.
3. Transfer the mixture to a pastry bag equipped with a large straight tip and pipe 1-inch balls onto a sheet tray lined with parchment paper. When done dip your finger in water and smooth the top of each ball where the pastry bag released the dough. Be sure to leave at least 1-inch between each of the balls. They grow! Bake in the preheated oven for 20 to 25 minutes, rotating the tray halfway through the cooking time to insure even cooking. When done, the puffs should be light, airy and dry inside. Cool on a rack.
4. When ready to serve, cut in half horizontally and fill with ice cream of your choosing. (I prefer a really high-quality vanilla.) Top with warm Chocolate Sauce.
5. **Chocolate Sauce:** Bring a saucepan with 1-inch of water to a boil. Put the chocolate in a metal or heatproof glass mixing bowl and place on top of the saucepan with boiling water. Pay careful attention that the mixing bowl does not touch the surface of the boiling water. Add the rest of the ingredients and stir until the chocolate has melted and everything is combined. This is a pretty quick process, once the chocolate has melted remove it from the double boiler set up. Spoon over the filled profiteroles. This is best when served warm!

Chocolate Covered Eclairs

INGREDIENTS

Filling:

- 2 cups whole, 2 percent fat, or 1 percent fat milk
- ½ vanilla bean, split lengthwise
- 6 egg yolks
- 2/3 cup sugar
- ¼ cup cornstarch
- 1 TBSP cold unsalted butter

Pastry:

- 1 cup water
- 8 TBSPs (1 stick) unsalted butter
- ½ tsp salt
- 1 ½ tps sugar
- 1 cup all-purpose flour
- 3 eggs, plus 1 extra, if needed

Egg Wash:

- 1 egg + 1 ½ tps water

PREPARATION

1. **Filling:** In a medium saucepan, heat the milk and vanilla bean to a boil over medium heat. Immediately turn off the heat and set aside to infuse for 15 minutes. **THEN** - In a bowl, whisk the egg yolks and sugar until light and fluffy. Add the cornstarch and whisk vigorously until no lumps remain. Whisk in ¼ cup of the hot milk mixture until incorporated. Whisk in the remaining hot milk mixture, reserving the saucepan.
2. Pour the mixture through a strainer back into the saucepan. Cook over medium-high heat, whisking constantly, until thickened and slowly boiling. Remove from the heat and stir in the butter. Let cool slightly. Cover with plastic wrap, lightly pressing the plastic against the surface to prevent a skin from forming. Chill at least 2 hours or until ready to serve. The custard can be made up to 24 hours in advance. Refrigerate until 1 hour before using.
3. **Pastry:** Preheat the oven to 425 degrees. Line a sheet pan with parchment paper.
4. In a large saucepan, bring the water, butter, salt and sugar to a rolling boil over medium-high heat. When it boils, immediately take the pan off the heat. Stirring with a wooden spoon, add all the flour at once and stir hard until all the flour is incorporated, 30 to 60 seconds. Return to the heat and cook, stirring, 30 seconds. Scrape the mixture into a mixer fitted with a paddle attachment (or use a hand mixer). Mix at medium speed. With the mixer running, add 3 eggs, 1 egg at a time. Stop mixing after each addition to scrape down the sides of the bowl. Mix until the dough is smooth and glossy and the eggs are completely incorporated. The dough should be thick, but should fall slowly and steadily from the beaters when you lift them out of the bowl. If the dough is still clinging to the beaters, add the remaining 1 egg and mix until incorporated.
5. Using a pastry bag fitted with a large plain tip, pipe fat lengths of dough (about the size and shape of a jumbo hot dog) onto the lined baking sheet, leaving 2 inches of space between them. You should have 8 to 10 lengths.
6. **Egg Wash:** Whisk the egg and water together, brush the surface of each eclair with the egg wash. Use your fingers to smooth out any bumps or points of dough that remain on the surface. Bake 15 minutes, then reduce the heat to 375 degrees and bake until puffed up and light golden brown, about 25 minutes more. Try not to open the oven door too often during the baking. Let cool on the baking sheet. Fit a medium-size plain pastry tip over your index finger and use it to make a hole in the end of each eclair (or just use your fingertip). Using a pastry bag fitted with a medium-size plain tip, gently pipe the custard into the eclairs, using only just enough to fill the inside (don't stuff them full).

Banana Pudding Cream Puffs

Prep time - 10 mins

Cook time - 30 mins

A creamy southern dessert is transformed into puffs of pure perfection

Author: Slim Pickin's Kitchen Serves: 36



- **INGREDIENTS**
- **For the Puffs**
- 1 cup water
- 3 ½ ounces of unsalted butter, cut into small pieces
- 1/4 tsp salt
- 1 cup bread flour
- 3 large eggs, beaten
- 2 egg whites
- **For the Filling**
- 1 box Sugar-free/fat-free French vanilla instant pudding mix
- 2 very ripe bananas, mashed
- ½ cup unsweetened vanilla almond milk
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- 1 cup sugar free whipped cream

PREPARATION

1. **For the Puffs:** Preheat oven to 420 degrees F. Line a baking sheet with parchment paper or with a non-stick baking mat. NOTE: Do not grease baking sheet, as the grease will cause the dough to flatten.
2. Cut butter into small pieces. In a heavy saucepan over medium-high heat, combine the water and butter; bring mixture to a full rolling boil (make sure the butter has all melted).
3. Remove pan from the heat and add flour and salt all at once, stirring vigorously with a wooden spoon until blended. NOTE: The flour must be mixed thoroughly until there are no lumps left.
4. Reduce heat to medium; return pan to heat and continue stirring until the mixture leaves the sides of the pan and forms a ball.
5. Remove from heat and transfer the dough to the bowl of a mixer. With the paddle attachment, mix at low speed until the dough has cooled slightly. It should be about 140 degrees F. (use your digital thermometer to test the dough).
6. In a small bowl, add eggs and egg whites; Whisk until mixed together. At medium speed, beat the eggs/egg whites in a little at a time. Add no more than a quarter of the eggs at once; wait until eggs are completely absorbed before adding more (at first the eggs will act like they don't want to mix in, but they will). When all the eggs are absorbed, the dough is ready to use. The dough should be soft and a little sticky, but be able to hold its shape.
7. Place dough into a gallon sized plastic zip-top bag. Cut the end off one corner with scissors, to make an opening about ¼ inch. Squeeze the mixture onto pans into silver-dollar sized circles.
8. Dip your index finger in water, and pat down the pointed tip raised on each puff.
9. Place in oven for one minute then lower the heat to 375°. Continue baking until golden brown, approximately 30 minutes. Be sure to rotate the pans half way through.
10. Remove from the oven and immediately prick the lower side of each puff with tip of sharp knife and return puffs to the oven and turn it off. Leave the door open slightly and allow the puffs to dry out for 10 to 15 minutes. Remove from oven and let puffs cool completely on the baking sheet on a wire rack before filling.
11. **For the Filling:** While puffs are baking, mix the pudding mix and almond milk together until well blended. Add bananas and mix until well incorporated. Gently fold in whipped topping. Cover and refrigerate until ready to fill. When ready to fill, put mixture in a plastic bag with a piping tip, and gently squeeze the filling into the whole you created with your knife.

DO NOT OVERFILL!

State Fair Cream Puffs

tasteofhome

"The Wisconsin Bakers Association has served these treats at our state fair since 1924," says Ruth Jungbluth of Dodgeville. Prep: 25 min. Bake: 35 min. + cooling

INGREDIENTS

- ❖ 1 cup water
- ❖ 1/2 cup **butter**
- ❖ 1/4 tsp salt
- ❖ 1 cup all-purpose flour
- ❖ 4 eggs
- ❖ 2 TBSPs milk
- ❖ 1 egg yolk, lightly beaten
- ❖ 2 cups heavy whipping cream
- ❖ 1/4 cup confectioners' sugar
- ❖ 1/2 tsp vanilla extract
- ❖ Additional confectioners' sugar

PREPARATION

1. In a large saucepan, bring the water, butter and salt to a boil over medium heat. Add flour all at once and stir until a smooth ball forms. Remove from the heat; let stand for 5 minutes. Add eggs, one at a time, beating well after each addition. Continue beating until mixture is smooth and shiny.
2. Drop by ¼ cupfuls 3 in. apart onto greased baking sheets. Combine milk and egg yolk; brush over puffs. Bake at 400° for 30-35 minutes or until golden brown. Remove to wire racks. Immediately cut a slit in each for steam to escape; cool.
3. In a large bowl, beat cream until it begins to thicken. Add sugar and vanilla; beat until almost stiff. Split cream puffs; discard soft dough from inside. Fill the cream puffs just before serving.
4. Dust with confectioners' sugar. Refrigerate leftovers. Yield: 10 servings.

Nutrition Facts: 1 filled cream puff equals 340 calories, 29 g fat (17 g saturated fat), 196 mg cholesterol, 197 mg sodium, 14 g carbohydrate, trace fiber, 5 g protein.

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Raspberry Cream Puffs

original recipe: http://bakersdaughter.typepad.com/the_bakers_daughter/2009/08/feeling-french-trois.html

INGREDIENTS

Choux Dough:

- 1 cup water
- ½ cup butter
- ¼ tsp salt
- 1 cup all-purpose flour
- 4 eggs

Filling:

- Raspberry Whipped Cream"
- 1 cup whip cream (35%)

- 1 tbsp white sugar
- ¼ vanilla bean
- 1 tsp lemon zest
- ½ cup fresh raspberries

Glaze:

- 1 cup icing sugar
- water to thin
- Pink food colouring

PREPARATION

1. Preheat the oven to 400 degrees F.
2. In a medium sized pot combine the water and butter together and bring to a boil. Once boiling add the flour and salt to the water mixture and turn the heat down to medium. Mix continuously for 1 minute with a wooden spoon, this will cook the flour. Let choux dough sit for a few minutes to cool. Using a stand mixer, hand mixer or a spoon, gradually add the eggs one at a time, beating the whole time.
3. Line two cookie sheets with parchment. Using a pastry bag fitted with a number 10 tip, make a quarter sized ball shape out of the choux dough. If you do not have a pastry bag, use a tsp to drop balls of dough onto the pan. Bake for approximately 15 minutes until the puff is golden brown and feels very light when picked up. Let cool completely before filling.
4. Using a fork, mash the raspberries in a small bowl and set aside. Combine the whipped cream, vanilla, lemon zest and sugar. Whip in a stand mixer or with a hand blender until peaks form. Fold in the macerated raspberries gently by hand.
5. There are two methods of filling the cream puffs with the raspberry whipped cream. #1: With a serrated knife cut off the top 1/3 of the cream puff. Drop 1 tsp of filling into the cream puff base and place the top on. #2: Using a pastry bag and tip #10 fill the bag with the whipped cream. Insert the tip into the side of the cream puff and squeeze until it is filled
6. Make the glaze by combining the icing sugar and water. Add a small amount of food colouring (I use Wilton) and mix to combine the colour. Dip the tops of the puffs in the glaze, top with a raspberry and let dry. Store in the fridge until you're ready to serve.

Profiteroles

*These easy, do-ahead puffs can go directly into the oven from the freezer. The same recipe can also be used to prepare eclairs, gougères (puffs filled with cheese), and cream puffs. From the book "Mad Hungry," by Lucinda Scala Quinn (Artisan Books).
Source: Mad Hungry, November 2010*

INGREDIENTS

- 1 cup all-purpose flour
- ¼ tsp coarse salt
- 1 cup water
- 8 TBSPs unsalted butter (1 stick), cut into small pieces
- 5 large eggs, at room temperature

PREPARATION

1. Preheat the oven to 400 degrees. Prepare a pastry bag with a 1/2-inch tip (optional).
2. In a small bowl, whisk together the flour and salt. Place the water and butter in a medium saucepan and bring to a boil. Add the flour mixture and beat vigorously with a wooden spoon for several seconds, until the dough is smooth, pulls away from the sides of the pan, and begins to form a ball. Remove the pan from the heat. Cool the dough for a couple of minutes. Beat in the eggs one at a time, until smooth and glossy, 1 to 2 minutes.
3. Place the dough in the pastry bag. (Alternatively, you can use a spoon to form the puffs.) Grease 2 rimmed baking sheets or line with baking parchment. Pipe the desired shapes onto the baking sheets. The dough can be frozen at this point on the tray then collected into freezer bags and sealed.
4. For small (1 1/2-inch) puffs, bake for 10 to 12 minutes. For a standard eclair shape, bake for 10 minutes then raise the heat to 425 degrees and continue baking for 15 minutes total, or until puffed up, golden brown, and firm to the touch. Cool completely on a wire rack.

Paris-Brest

Invented by chef Louis Durand in 1910 to commemorate the Paris-Brest bicycle race, this ring of choux pastry is traditionally filled with a hazelnut and almond cream. We've given a nod to springtime with rhubarb and fluffy whipped cream.



INGREDIENTS

Pastry

- 1 cup (227g) water
- ½ cup (8 TBSPs) unsalted butter
- ½ tsp salt
- 1 ¼ cups (149g) King Arthur Unbleached All-Purpose Flour
- 4 large eggs

PREPARATION

Preheat the oven to 425°F. Trace a 9" circle on a piece of parchment. Flip the paper over and place it on a baking sheet.

The pastry: Combine the water, butter, and salt in a medium saucepan. Bring to a rolling boil. Remove from the heat and add the flour all at once, stirring vigorously until the mixture comes together in a ball. If necessary, return the thick batter to the heat for a few minutes to help it come together. Remove from the heat and transfer the batter to the bowl of a stand mixer fitted with a paddle. Set a timer for 7 minutes; you want to cool the mixture, but not too far. When the timer goes off, check the temperature of the batter; you should be able to hold a finger in it for a few seconds. If you have a digital thermometer, the temperature should be below 125°F. **BEAT** in the eggs **one at a time**, mixing until each egg is absorbed before adding the next. Beat well after adding the last egg; the batter should be smooth. **Transfer** the batter to a pastry bag fitted with a large star tip. Pipe in two concentric circles over the circle on the parchment; pipe a third circle on top of the bottom two.

Filling

- 1 ½ cups (181g) diced rhubarb
- ½ cup (99g) granulated sugar, divided
- 2 TBSPs (14g) Instant ClearJel (OR Sure-Jell) divided
- 2 cups (454g) heavy cream
- ½ cup (57g) confectioners' sugar
- 1 tsp vanilla extract

Bake for 20 minutes, until the pastry begins to puff. Reduce the oven temperature to 375°F and bake for another 30 minutes, until deep golden brown. Remove from the oven and pierce the top with a paring knife in several places. Return to the oven, turn the oven off, and leave in the oven as it cools for 15 minutes. Remove and finish cooling on a rack.

The filling: Place the rhubarb and ¼ cup of the granulated sugar in a small saucepan and cook over medium heat until the rhubarb collapses. Continue cooking, stirring frequently, until the mixture thickens slightly, about 5 minutes. Remove from the heat. Stir the remaining ¼ cup sugar and 1 TBSP of the ClearJel together, and whisk the mixture into the cooked rhubarb. Chill until ready to use.

In a large mixing bowl, whip the heavy cream until soft peaks form. Combine the confectioners' sugar with the remaining TBSP of Instant ClearJel and add to the whipped cream. Beat the cream until it's light and fluffy, and holds a stiff peak. Stir in the vanilla.

TO ASSEMBLE: *When the pastry is cool, split it horizontally; set the top aside. Spread the rhubarb filling around the inside of the base. Pipe the whipped cream decoratively on top; it should be about 1 ½" to 2" high. Replace the top of the pastry, and dust with confectioners' sugar before serving*