

Pâte à Choux

¾ c.....Water
1 stick.....Unsalted Butter
1 c.....Bread Flour
½ tsp.....Salt
2 ea.....Eggs
4 ea.....Egg Whites

1. Preheated oven to 300°F.
2. Place water, butter and salt in a heavy sauce pan and bring to a boil.
3. Whip in all of the flour in at once and stir.
4. Remove from heat and continue whipping.
5. Let cool.
6. Add eggs and egg whites while whipping until the mixture is smooth.
7. Grease a baking sheet.
8. To make cream puffs make small dollops about 1" apart. To make éclairs pipe out with a pastry bag long strips about 1" apart.
9. Place the pan on the bottom rack and increase the temperature to 450°F for 10 minutes.
10. Reduce the temperature back down to 300°F for an additional 10 minutes.



The cream puffs can also be used with a savory filling such as a salmon mousse or chicken salad, which will make a great appetizer. They can also be filled with whipped cream and topped with chocolate ganache (chocolate and whipping cream). Try adding a little of your favorite liquor to the whipped cream. Ice cream will also make a great filling. Then top it off with some chocolate sauce. For éclairs fill them with pastry cream.

Be creative, have fun and enjoy!!!