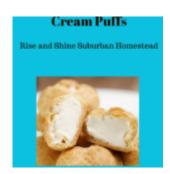
# **Cream Puffs**

## Cream Puffs



An easy, impressive dessert with 2 options for filling!

#### **Choux Pastery (Puffs)**

- 1 cup water
- 1/2 cup butter
- •1 cup sifted flour
- 4 eggs
- powdered sugar, for garnish

#### **Pastry Cream**

- 1/2 cup sugar
- 6 Tbsp flour
- 1/2 tsp salt
- 2 cups milk
- 2 eggs
- 2 tsp vanilla

## **Sweetened Cream Filling**

- 2 cups whipping cream
- 5 Tbsp powdered sugar
- •1 tsp vanilla

- 1. Heat water and butter to boiling.
- 2. Stir in flour, all at once.
- 3. Lower heat and stir until mixture leaves side of pan. Then cook for a few more minutes. Remove from heat
- 4. Beat the mixture with an electric mixer to help it cool down a bit. Then add eggs, one at a time, beating until the eggs are well incorporated.
- 5. You can now make the puffs in one of two ways you can put the mixture in a piping bag and pipe your puffs or you can drop the dough by spoonfuls onto a greased or parchment lined baking sheet. Puffs should be abour 1.5 inches in diameter and about a 1/2 inch high. If you have "peaks" on the top of your dough, wet your finger and smooth them over. Bake at 400 for 35 minutes or until almost dry.
- 6. Let cool completely.

#### **Pastry Cream**

- 1. Beat 2 eggs in a bowl. Set aside.
- 2. In a pan, mix sugar, salt, flour. Stir in milk.
- 3. Cool over low, stirring until it boils. Boil 1 minute.
  Stir constantly
- 4. Remove from heat.
- 5. Add 1/4 of the flour mixture to the bowl containing the eggs. Stir
- 6. Return the egg mixture to pan and stir well. Bring to boiling point. Remove from heat. Let cool. Stir in vanilla.

7. Once completely cool/cold, transfer to pastry bag fitted with a medium star tip

#### **Sweetened Cream Filling**

- 1. In a bowl, beat heavy cream, powdered sugar and vanilla until stiff peaks form.
- 2. Transfer to pastry bag fitted with a medium star tip

### **Assembly**

- Once your puffs are cool, you can fill them one of two ways.
- 2. 1. Cut the top off of the puff and pipe filling into the hollow puff, replace lid
- 3. 2. Put piping tip into side of puff and squeeze until you fill resistance and the puff is completely filled
- 4. Dust heavily with powdered sugar right before serving.
- 5. The cream puffs stay nice in the fridge for 24 hours.

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