

Cream Puffs

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An easy, impressive dessert with 2 options for filling!

Choux Pastry (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 about 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. Cook 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

1. 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.

Dessert
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