

Pâte à Choux

Ingredients:

- 1 cup plus 1 tablespoon all-purpose flour
- 1 cup water
- ½ cup unsalted butter
- 1 tablespoon sugar
- 4 eggs
- ¼ teaspoon salt

Directions:

- Preheat oven to 400° F
- In a pot or saucepan, combine butter, sugar, water and salt and heat until the butter is fully melted
 - Try to make sure that the water does not come to a boil
- Once the butter is fully melted, add the flour
- Stir until it all comes together and you can no longer see any lumps of flour
- Keep stirring until the film at the bottom of the pan starts to disappear and the pastry is no longer shiny
- Transfer to another bowl to cool or run cold water along the outside of the pan to cool everything down (stirring it more can help to release heat)
- Once it's cooled add the eggs, stirring until it all comes together (this will seem unlikely at first, but it does happen, I swear)
- Pipe out rounds, logs, or whatever shape you want the puffs to appear as
- If baking choux alone, bake at 400° for 15 minutes, then decrease the temperature to 325° and bake for another 30 minutes
- If baking with puff pastry and choux, bake at 400° for 20 - 25 minutes or until the puff pastry is golden brown
 - In either case, don't open the oven for the first 5-10 minutes of baking, as it can make the puffs deflate and, well, no one really wants that
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Cream Recipe:

- In this case it's St. Tropez cream, which is just pastry cream that's been lightened with whipped cream
- Ingredients:
 - 1 cup milk
 - 1 teaspoon vanilla extract
 - ½ cup sugar
 - 3 tablespoons flour

- 1 egg
- 1 egg yolk
- ½ cup heavy whipping cream
- Directions:
 - Whisk the egg, egg yolk, flour, and sugar until smooth in a small bowl
 - Scald the milk and add it to the egg mixture, whisking to combine the two
 - Add the resulting liquid to the saucepan and heat while whisking constantly
 - Pause occasionally to check if it is boiling
 - If it's boiling - continue whisking for 10 seconds, quickly remove from heat and transfer to a cool bowl
 - Whisk in vanilla extract
 - Cover with plastic wrap so that the wrap touches the surface of the custard
 - Chill for 30 minutes to an hour, or until it is cool to the touch
 - Whip the heavy whipping cream to stiff peaks
 - Fold the whipped cream into the custard in 2 - 3 parts
 - You can chill it further if you'd like, but it's not mandatory