

Cream Puffs

CHOUX PASTRY

½ cup flour
½ tsp white sugar
¼ tsp salt
¼ cup butter or margarine, cut into pieces
½ cup water
2 eggs, lightly beaten



WHIPPED CREAM

1 cup heavy cream (or whipping cream or Mfg cream)
½ tsp vanilla extract
1Tb + 1tsp sugar

CHOUX PASTRY:

- Preheat oven to 400°. Lightly spray baking sheet with non-stick spray.
- In a medium bowl, sift or whisk together the flour, sugar and salt.
- Mix the butter & water in a large saucepan over medium heat and bring to a boil.
- Remove from heat. Add the flour mixture all at once and stir until combined using a wooden spoon. Return pan to heat and continue to stir until the dough comes away from the sides of pan and forms a thick, smooth ball.
- Transfer the dough to your electric mixer bowl and beat on low speed to release steam from the dough (about one minute). Once the dough is lukewarm start adding the lightly beaten eggs. Continue to mix until you have a smooth, thick paste.
- Spoon 12 small mounds of dough onto the baking sheet, spacing about 2" apart.
- Bake for 15 minutes and then reduce the oven temperature to 350°. Continue to bake for 25 minutes, until the puffs are golden brown, and when split, almost dry inside. Turn the oven off, poke a couple of holes in each puff, then return tray to oven and with the oven door slightly ajar, let the puffs completely cool (and dry out)

WHIPPED CREAM:

- Pour 1 cup of cold whipping cream (heavy cream) into the electric mixer bowl. Beat on high until peaks form.
- Add vanilla and 1Tb and 1tsp of sugar. Cover and chill until ready to use.

TO ASSEMBLE*:

Split the puffs in half and fill with whipped cream. Place the top half of the pastry shell on the whipped cream and dust with powdered sugar or coat with chocolate glaze.

Makes 12 small cream puffs

* There are many options of how to serve the cream puffs. They can be filled with pudding, ice-cream, fresh fruit or a combination.

CHOCOLATE GLAZE:

2 Tb. Butter or margarine
2 Tb Cocoa powder
2 Tb water
1 cup confectioner's sugar
½ tsp vanilla extract

- In a small saucepan, over low heat, melt butter; add cocoa and water, stirring until smooth and slightly thickened. DO NOT BOIL.
- Remove from heat, cool slightly. Gradually blend in sifted confectioner's sugar and vanilla extract. Makes about $\frac{3}{4}$ cup glaze.