

Recipe Packet: Cream Puffs and Éclairs

Pâte a Choux for Cream Puffs

Makes approximately 36 small puffs

1 cup water
4 ounces unsalted butter (1 stick)
¼ teaspoon salt
1 teaspoon sugar
1 cup all purpose flour
2 whole eggs
2 – 3 egg whites

Preheat the oven to 400°F.

In a small saucepan, boil the water, butter, salt and sugar together. Stir in the flour with a wooden spoon and continue stirring choux vigorously. Cook until a thin film of the dough coats the bottom of the pan. The dough should resemble mashed potatoes.

Transfer to a Kitchenaid stand mixer fitted with a paddle attachment. Turn the mixer on slow for about one minute to cool down the dough. On slow speed, add eggs 1 at a time. Add the egg whites, one at a time. After the second egg white, test dough for consistency. The mixture should be silky and when the paddle is lifted from the bowl, the dough should drop back in, leaving a “V” hanging from the bottom of the paddle. Add the last egg white if necessary.

Pipe dough onto a sheetpan lined with parchment paper and bake until golden, about 20 – 25 minutes. Carefully poke each puff with a sharp paring knife, then turn off oven to dry, another 30 – 40 minutes. Remove from oven and cool on a rack.

Recipe Packet: Cream Puffs and Éclairs

Gougères

French Cheese Puffs

Makes 2 dozen

$\frac{3}{4}$ cup whole milk
3 tablespoons unsalted butter
Pinch kosher salt
Pinch of finely ground black pepper
Pinch freshly ground nutmeg
 $\frac{3}{4}$ cup bread flour
2 large eggs
1 $\frac{1}{2}$ ounces grated Gruyère cheese
1 egg plus 1 teaspoon water, whisked together for egg wash

Preheat oven to 400°F.

In a heavy bottom saucepan combine milk, butter, and seasonings. Bring to a boil and simmer until butter has melted. Remove pan from the heat. Pour in all the flour at once and beat vigorously with a spoon until well incorporated. Return pan to the stove and using moderate heat, continue to beat the mixture with the spoon until the mixture pulls away from the sides of the pan and the spoon, approximately 1-2 minutes. Remove saucepan from the heat.

Place dough in the bowl of an electric mixer and with the paddle attachment, beat dough until room temperature. Beat in eggs, one at a time, making sure each egg is completely incorporated into the dough and the dough is smooth. Add the cheese and continue beating until well combined.

Line a sheet pan with parchment paper. Using a pastry bag with a $\frac{1}{2}$ -inch tip, fill the bag and pipe out the "choux" paste about 2 inches in diameter. Brush tops with egg wash. Bake sheet pan in the lower third of the oven until gougères have doubled in size and are golden brown, approximately 30-35 minutes. Remove from the oven and make a small slit in the side of each puff to allow steam to escape. Serve warm or at room temperature.

Recipe Packet: Cream Puffs and Éclairs

Pastry Cream

Makes approximately 3 cups

2 cups Half & Half
¼ cup sugar
½ vanilla bean, scraped
4 egg yolks
4 tablespoons cornstarch
3 tablespoons sugar
2 tablespoons unsalted butter

In a small saucepan, bring the half and half, ¼ cup of sugar and vanilla bean to a boil.

In a separate bowl, combine cornstarch and sugar with yolks until there are no lumps – really smooth!

Temper cream into yolk mixture. Pour back into pot and return to stove.

Cook, stirring constantly until boiling vigorously. Remove from heat, stir in butter.

Strain onto a sheetpan. Cover with plastic wrap directly on top and place in the fridge until cool.

* To lighten the pastry cream, fold in 1 cup of whipped cream, whipped to soft peaks.

Recipe Packet: Cream Puffs and Éclairs

Chocolate Ganache

Makes about 3 cups

2 cups heavy cream
1 pound semisweet chocolate, chopped

In a small saucepan over medium heat, bring the cream to a full boil. Turn off the heat. Add the chocolate and allow it to sit in the cream for 30 seconds to soften and melt.

Slowly whisk the mixture until smooth. Transfer to a clean mixing bowl and let it cool, stirring frequently, until it reaches a pourable, but thick consistency.

If the mixture is too thick to pour, set the bowl over a saucepan of simmering water and stir until it reaches the proper consistency.