

Cream Puffs

Made in groups of 2

Yield: 10 servings

Ingredients for pâte à choux

(dough for cream puff):

125 ml water

60 ml butter

1 ml salt

7 ml sugar

125 ml all-purpose flour

2 eggs



Instructions:

1. Place oven rack in centre. Preheat the oven to 425°F.
2. In a large saucepan, bring the water, butter, salt and sugar to a rolling boil on medium-high heat.
3. Turn down the heat to medium and add in all the flour at once. Stir constantly with a wooden spoon for **2-3 minutes** or **until the mixture comes together to form a dough, and leaves a film of flour on the bottom of the sauce pan.**
4. Transfer the dough to a stand mixer and spread the dough out. Let it cool for about 3 minutes.
5. Beat in the eggs 1 at a time with the paddle attachment; make sure to scrape down the sides of the bowl after each addition.
6. Drop by tablespoonfuls onto a baking sheet lined with parchment paper. You can use a lightly wet finger to smooth the tops of the cream puffs.
7. Bake for 20-25 minutes, until golden brown. Centres should be dry.
8. Take shells out of the oven and **using a toothpick poke a hole on the side into the centre to release steam.** Bake for another 10 minutes.
9. In units: both groups in each unit will transfer all the cream puffs to a serving tray (blue/red plastic trays). Fill in the slip to identify if the left or right side of the tray belongs to your group. Set the tray on the trolley. We will fill them next class.