

Pate a Choux and Pastry Cream Project Recipe

By: Lily Y.

Tools

burner
oven
mixing bowls
kitchen scale
spatula
whisk
baking paper
saran wrap
round cookie cutter (4cm used in video)
small saucepan
silpain (optional)
round piping tip (#12 used in video)
piping bag
rolling pin
baking tray
flour sieve

Craquelin topping

Ingredients
unsalted butter 30g
sugar 30g
all purpose flour 25g

1. Soften butter at room temperature.
2. Using a spatula, cream butter with sugar until the texture is uniform.
3. Sift in flour, mix with a spatula until it's fully incorporated.
4. Roll out the dough between two pieces of baking paper to approximately 2mm in thickness.
5. Freeze until the dough is solid and cut with a cookie cutter into the diameter of the piped dough.

Pate a Choux

Ingredients
water 90g
unsalted butter 37g
salt 2g
sugar 4g
all-purpose flour 55g
egg 75g (approximate)
flour for marking

1. Preheat oven to 190C (375F). Prepare a baking tray lined with silpain or greased with butter. Mark the tray with flour as shown in the video as a guide to pipe evenly. Prepare a piping bag with number #12 round tip. Cut the butter into 1cm cubes, and sift the flour.
2. Measure water, butter, salt, and sugar into a small saucepan.

3. Heat the mixture on medium heat until all the butter is melted, then bring to a boil on high heat.
4. Remove from heat and add the flour. Stir vigorously with a hard spatula and make sure there are no lumps of flour.
5. Heat the dough over medium heat while stirring constantly. When the dough forms a ball and a film develops on the bottom of the pan, transfer the mass to a mixing bowl.
6. The following steps can be done by hand or by mixer with the paddle attachment.
7. Let the dough cool slightly to around 70C. Then mix in half of the egg with a spatula, and once fully incorporated, add in some more of the egg. Mix while observing the texture of the dough. When the dough can be pulled up and falls into a triangle (as seen in the video) you can stop adding eggs (the exact amount of egg needed varies) .
8. Pipe the dough onto the tray following the flour markings from step 1.

For the almond topping

Sprinkle sugar and almond pieces on top of the dough.

For craquelin topping

Place the discs of craquelin on top of the dough.

Baking

1. Bake in a preheated oven at 190C (375F) for 15min. After the first 15 mins, without opening the oven, lower the heat to 160C (325F) and bake for another 30 min.
2. Take the choux out and cool on a cooling rack. Gently pierce the underside of each choux with a small piping tip for filling later.

Vanilla Pastry Cream

Ingredients

2% milk 300g
35% whipping cream A 125g
sugar A 30g
egg yolk 60g
sugar B 3g
cornstarch 30g
vanilla paste 10g

35% whipping cream B: use 30% weight of pastry cream

1. Prepare a baking tray lined with saran wrap and a piping bag with a #12 round tip.
2. Using a whisk, mix the egg yolk and sugar A vigorously until the color whitens.
3. Sieve in the corn starch and mix until completely incorporated.
4. In a saucepan, bring the cream A, milk, and sugar B to a gentle simmer.
5. Once simmering, pour the hot liquid over the egg mixture while continuously mixing.
6. Strain the mixture back into the pan and heat while mixing until it first thickens and then liquifies.
7. Once it has liquified, spread the hot mixture on a baking tray lined with saran wrap. (Or proceed to making chocolate pastry cream from here). Cover and allow to cool completely in the freezer, but do not allow to freeze solid. Store in fridge if not using immediately.
8. Transfer pastry cream to a bowl, and loosen with a whisk. Next, add cream B in parts and mix until completely smooth.
9. Transfer the mixture to a piping bag and fill the choux.

Chocolate pastry cream

Ingredients

vanilla pastry cream 250g

dark chocolate 73% 25g

35% whipping cream: use 20% weight of the pastry cream

1. Pour hot vanilla pastry cream over the chopped chocolate and mix until uniform in texture.
2. Spread the hot mixture on a baking tray lined with saran wrap. Cover and allow to cool completely in the freezer, but do not allow to freeze solid. Store in fridge if not using immediately.
8. Transfer pastry cream to a bowl, and loosen with a whisk. Next, add whipping cream in parts and mix until completely smooth.
9. Transfer the mixture to a piping bag and fill the choux.

Cream puffs taste the best when they're freshly made. They need to be kept in the fridge (for a maximum of 2 days) if not consumed immediately.

The best way to learn is to make it yourself! Be sure to post photos of your project in the discussion area under the video. You can also post any questions or share new ideas about this recipe and I'll be happy to help!

Feel free to follow my classes and visit my blog at www.pastrynotes.com for more recipes and baking ideas!