

Maine Arts Camp

RECIPE TEMPLATE

Recipe Name: Cream Puffs Pate au Choux

Chef: Charles Limoggio C.E.C.

Preparation Time:

Servings:

Yield: 24 cream puffs

Quantity	Unit	Ingredient Name	Prep Notes
1	cup	water	
8	ounces	Unsalted butter	2 sticks
2	tablespoons	Sugar	
1/2	teaspoon	Salt	
10 1/2	ounces	Bread Flour	weighed
8	each	Large eggs	
1	cup	milk	

Procedure:

1. Preheat oven to 425 degrees F
2. Boil milk, water, butter, and salt.
3. Add flour all at once and stir over heat until it comes cleanly away from sides of the pan. Use a sturdy wooden spoon or spatula to stir.
4. Place on the tabletop mixer with the paddle attachment and run on 1st speed to release heat
5. When cool enough to add eggs, add them slowly a couple at a time on 2nd speed.
6. Pipe to desired shapes. Bake 1st 20 minutes at 425 degrees F., and turn down to 350 degrees F. to finish.

Notes: Potentially hazardous food. Store at internal temperature below 41°F.

VARIATIONS:

Butterscotch Cream Puffs. Fill cream puffs with Butterscotch Pudding. Top with Butterscotch Sauce if desired.

Éclairs. Shape cream puff mixture by piping with a pastry tube, 3/4 inch wide and 4 inches long. Bake. Split lengthwise. Proceed as for Cream Puffs. When filled, ice with Chocolate ganache

Ice Cream Puffs. Fill puffs with vanilla ice cream and serve with Chocolate Sauce

Orange Cream Puffs with Chocolate Filling. Add 1/2 cup grated orange peel and 10 oz chopped almonds to cream puff mixture. Bake. Fill with Chocolate Cream Filling or Chocolate Pudding.

Puff Shells. Make bite-size shells with pastry tube or No. 100 dipper. Bake. Fill with chicken, fish, or ham salad. Yield: approximately 200 puffs. Ganache is roughly equal parts of chocolate & hot heavy cream stirred to smooth. Can thin with more warm cream if desired.