

How to Make Cream Puffs

Cream Puffs

Cream puffs do not contain any baking powder or yeast, they are leavened mechanically, or by steam. This batter is extremely easy to make, the trick is to get your oven hot enough so that the cream puffs will triple in size, after that we cook them for a little longer to get a caramel colored, crispy edge.

Ingredients

1 cup water
1/2 cup butter (one cube)
1 cup all-purpose flour
4 eggs
Pastry cream or favorite filling
Chocolate Wafers (optional)

Directions

1. In a medium saucepan on medium-high heat, place one cup of water and one stick of butter.
2. After butter is melted, add one cup all-purpose flour all at once. Stir until dough forms into a ball and flour is dissolved.
3. Place dough ball into a stand mixer and mix on low until dough starts to cool off, about 1-2 minutes. Add four eggs all at once and mix on low until dough absorbs eggs and dough becomes very sticky about 8-10 minutes.
4. With large ice cream scoop, spoon dough onto greased cookie sheet, evenly spaced.
5. Bake at 400 degrees for 20 minutes, then at 350 degrees for 10 minutes.
6. Melt chocolate wafers and dip cream puffs, let dry, then fill with Bavarian cream, or favorite filling.



Professional Pastry Cream

Ingredients

2 cups milk
1/3 cup granulated sugar
2 large egg yolks
1 large egg
1/4 cup cornstarch
1/3 cup granulated sugar
2 tablespoons butter
1/2 tablespoon vanilla

Directions

1. In a heavy saucepan, dissolve the sugar with the milk and cook over medium, stirring often, just until the mixture comes to a boil.
2. In a stainless steel bowl beat the eggs yolks and whole egg.
3. Sift the cornstarch and the sugar into the eggs. Beat with a whip until smooth.
4. Temper the eggs by drizzling the hot milk into the eggs while beating the eggs. Once smooth, return the mixture to the pan.
5. Cook the mixture over medium heat, stirring constantly, until it comes to a boil and thickens.
6. Remove the cream from the heat and stir in the butter and vanilla. As soon as the butter is melted, pour the cream into a shallow container and refrigerate until it has cooled.
7. When you are ready to use, take the cream from the refrigerator and whip until light.