

FRENCH CREAM PUFF DOUGH (PATE A CHOUX)

F EASY

Last Modified: 02/04/2016

PREP: 15 Min
COOK: N/A

BREADS

MAKES 36 PUFFS OR 24 ECLAIRS

QUA	MEASURE	INGREDIENT	PROCESS
1	Stick	Unsalted Butter	Cubed
1	Tsp	Granulated Sugar	
1	Cup	Water	
1/2	Tsp	Kosher Salt	
1 1/4	Cups	All Purpose Flour	
4	Large	Eggs	
PLUS AS NEEDED			
1	Large	Egg White	

PREPARATION

FACTOID	French Pate A Choux Dough is used to make many different Pastries. There are a series of three here: Cheese Puffs, Maple Glazed Eclairs and Profiteroles.
NOTE	This Dough will create a Pastry containing a large air pocket that takes up nearly the entire inside of the Pastry. Suitable for stuffing with nearly anything you like.
CAUTION	While this is truly NOT difficult at all, you need to follow the recipe EXACTLY (especially the ingredient amounts) or you will end up with a pretty piece of compact lead instead of a gorgeous, light and fluffy French Pastry.
TOOLS	1) Stand Mixer & Paddle Head 2) Medium Saucepan 3) Wooden Spoon 4) Pastry Piping Bag & Tips
PREP	None.
1	In a medium saucepan over medium high heat, bring the Butter, Sugar, Salt, and 1 cup of Water to a boil. Remove from the heat. Using a wooden spoon, quickly dump in and stir in the Flour. Cook over medium high heat, stirring constantly, until the mixture pulls away from the sides of the pan and a white film forms on bottom of pan, about 3 minutes.
2	Transfer the mixture to the bowl of a stand mixer with the paddle head. Mix on low speed until slightly cooled, about 1 minute. Raise the speed to medium; add the whole Eggs, one at a time until each is fully incorporated. When finished, a soft peak should form when the Batter is touched with your dry finger. If a peak does not form, lightly beat the remaining Egg White, and mix it into the Batter a little at a time until it does.
3	At this point, the Dough is ready to be put into a pastry piping bag with the tip of choice inserted and squeezed out into the desired shape (See Pictures).