

Pate a Choux

Recipe

2/3 cup	Milk
1/3 cup	Butter
Pinch	Salt

1 cup	Bread Flour (or pastry, or all purpose)
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2-3	Eggs
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Mise en Place

- Stainless-steel pot
- Wooden spoon
- Spatula
- Mixer with paddle
- Liquid measure
- Thermometer
- Ice Cream scoop (for cream puffs)
- Piping bag and large star tip (eclairs)
- Sheet pans
- Parchment

Procedure

1. Preheat oven to 400F/205C, with an empty pan inside.
2. Combine the milk, butter and salt in the large pot and bring to a full rolling boil.
3. Add the flour in all at once, stir quickly and hard to bring together.
4. Over medium heat, stir vigorously and constantly until the dough forms a ball and pulls away from the sides of the pot. Ensure you're breaking up the dough so that it all cooks evenly.
5. Once the dough starts pulling away from the sides of the pot, remove from heat and transfer to mixer bowl.
6. With paddle, mix on low speed until the temperature of the mixture has cooled a bit. It should be between 110F-140F/45C-60C.
7. Once the dough cools to the proper temperature, start adding in the eggs a little at a time, beating at medium speed. Add a few eggs at a time, waiting until they are completely absorbed before adding in more. Scrape down the bowl and paddle often. You might not need all the eggs, check the texture before adding all in. The paste should be smooth, but firm enough to hold its shape (whether piping or scooping). If it reaches the proper texture before all eggs are added, stop adding eggs.

8. **Eclairs:** use piping tip #6B
Fill piping bag with paste, pipe strips of paste on to parchment lined sheet pans about 5½ inch long.
9. **Cream puffs:** Scoop with ice cream scoop onto parchment lined sheet pans. Leave appropriate space between puffs for expanding in the oven.
10. **Baking:** For eclairs and cream puffs, when putting your pan in the oven throw 2-3 TBSP of water on the empty pan to create steam. Close the door immediately and drop the oven at 330F/165C. Bake for 25 min. Rotate the pan and bake for another 10-15 min, until golden brown.

***You can add 15g (about 1 TBSP) of sugar to the milk mixture if you want a sweeter paste.

***Fill as close to service as possible, if you need to hold the product keep it refrigerated.

***Dry/cool product completely, once cooled they can be held in plastic bags in the refrigerator for 1 week. They may be crisped in the oven for a few minutes as needed.