

Creampuff

Choux pastry

- Choux pastry also known as Pâte à Choux in French, is a versatile and delicate pastry dough. This is the most comprehensive choux pastry recipe on the internet, with all the tips to make absolutely perfect cream puffs, profiteroles, éclairs, choux au craquelin, chouquettes, paris brest, chicken puffs.
- It is believed that the choux pastry originated in the 16th century in England, Germany, or France. The creation of this pastry is often attributed to a chef named Pantanelli, who served in the court of Catherine de' Medici, the Italian wife of King Henry II of France.
- Today, choux pastry remains a cornerstone of French patisserie and has been embraced by bakers worldwide. Its versatility and unique texture continue to inspire new creations and variations. From the classic éclairs filled with rich chocolate or coffee cream to innovative savory applications, choux pastry's legacy lives on in traditional and contemporary culinary arts.
- Choux pastry is a very light pastry that is often filled with cream. Unlike other types of pastry, choux is in fact closer to a dough before being cooked which gives it the ability to be piped into various shapes such as the éclair and profiterole. Its name originates from the French choux, meaning cabbage, owing to its rough cabbage-like shape after cooking.



- Choux begins as a mixture of milk or water and butter which are heated together until the butter melts, to which flour is added to form a dough. Eggs are then beaten into the dough to further enrich it. This high percentage of water causes the pastry to expand into a light, hollow pastry.
- The water in the dough turns to steam in the oven and causes the pastry to rise; then the starch in the flour gelatinizes, thereby solidifying the pastry. Once the choux dough has expanded, it is taken out of the oven; a hole is made in it to let the steam out.
- The pastry is then placed back in the oven to dry out and become crisp. The pastry is filled with various flavors of cream and is often topped with chocolate. Choux pastries can also be filled with ingredients such as cheese, tuna, or chicken to be used as appetizers.



Eclairs



Paris brest



Creampuff



Choux au craquelin



Chouquettes



Profiteroles



CREAMPUFF

With Vanilla Pastry Cream



🍴 25 pcs

⌚ 30 minutes

INGREDIENTS

CHOUX PASTE

250 ml Water

150 g Soft flour

4 Eggs

100 g Butter

1/2 tsp Salt

1 tsp baking powder

1/2 tsp Castor sugar

DIRECTIONS

1. Combine the water, butter and salt in heavy saucepan or kettle. Bring the mixture to boil.
2. Remove the pan from the heat and add in the flour all at once. Stir quickly.
3. Transfer the dough to the bowl. Let the dough cool for 15 minutes.
4. Add in eggs one by one and stir until they are completely absorbed.

PASTRY CREAM

1000 ml fresh milk

2 eggs

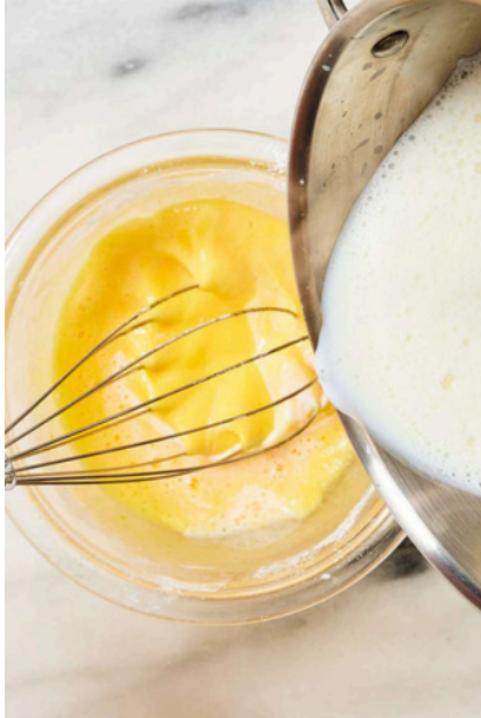
2 egg yolks

50g custard flour

60g corn flour

200 g castor sugar

1 tsp vanilla



DIRECTIONS

1. Add in eggs, egg yolks, custard flour, corn flour and vanilla essence. Stir until the mixture well combine.
2. Add in warm milk and stir until the mixture welll combine.
3. Simmer the mixture and stir until thick.
4. Cool the custard before use.

