

# Pâte à Choux

## Ingredients:

*1 cup of water*  
*¼ pound of butter*  
*½ teaspoon of salt*  
*1 teaspoon of granulated sugar*  
*1 cup of all-purpose flour*  
*4 large eggs*  
*1 egg for egg wash (optional)*



## Instructions:

In a sauté pan over medium-high heat combine the water, butter, salt and sugar. When liquid starts to boil, add all of the flour at once and combine well with a wooden spoon. As the dough comes together, continue to press the dough ball into the pan, turning constantly, about 2-3 minutes, to dry out the dough. A thin film will build on the bottom of the sauté pan. You want the dough to dry a bit so that it can take the eggs. The eggs are what make the puffs rise.

Transfer the pâte à choux into the bowl of a stand mixer fitted with a paddle attachment. Allow the pâte à choux to cool for 5-7 minutes. Slowly beating the dough during this time will help it cool. If the pâte à choux isn't cool, the eggs will scramble when added.

Once the dough has sufficiently cooled, turn the mixer on low and add the eggs, one at a time, allowing them to completely become incorporated into the pâte à choux before adding the next egg. When incorporated, the dough will be dry and sticky. When the pâte à choux drapes off the paddle and forms a "V" without dripping off, you've properly incorporated as many eggs as possible. You may want to beat the final egg and add it a bit at a time to make sure that the pâte à choux can accept it.

Heat the oven to 375°F. Line two baking sheets with parchment paper (use a bit of dough to adhere the paper to the sheet). Transfer the pâte à choux into a piping bag fitted with a ½" round tip. For cream puffs, pipe out a 1 ½" dome of dough, about 13-15 grams each. With a wet fingertip, press down any tips so that each puff is nicely domed.

Beat an egg with a bit of water to make an egg wash. With a pastry brush lightly coat each puff with the egg wash. This is an optional step, but will give your puffs a nice shine.

Bake for 25-30 minutes. Do not open the oven door during the baking process so that steam is not released. Quickly check the puffs and remove when lightly golden brown. Carefully pierce each puff to release any steam trapped inside. This will keep the puffs light and crisp. You can do this with the tip of a knife, or better yet, with a serrated ¼" piping tip. Make the hole where you intend to fill the puff, either on the side or on the bottom. Place the puffs on a wire rack, hole facing upward, to cool for 20 minutes before filling and serving.

*Makes 28 puffs*