

Pâte à Choux | Choux Pastry

Swick

Serves 36 | Active Time: 20 minutes | Total Time: 1 hour

Step 1: Making the Pâte à Choux

- 1 cup water or milk
- 1/3 cup (80 g) butter
- Pinch of salt
- 1 tbsp sugar
- 1 cup flour

In small sauce pot on high heat, bring liquid (water, milk, etc.) and fat (usually butter) to a rolling boil; the boiling action emulsifies the butter into the liquid. Salt and/or sugar is added to liquid.

Add flour all at once and stir with wooden spoon to form a thick paste. On low heat keep stirring dough to develop gluten and dry the dough a little. Cool to room temperature.

Step 2: Piping the Pâte à Choux

- 4-5 whole eggs

Preheat the oven at 400°F (200°C).

Once batter is removed from the heat and cooled, continue to add the whole eggs one at the time.

With wooden spoon be sure that you are mixing in the egg thoroughly before adding another.

Consistency check: the batter will be sticky between thumb and index like chewing gum.

When batter is thoroughly mixed, add the batter to a pastry bag using the largest tip.

To continue by making profiteroles, or your desired application, on a non stick cookie sheet, silpat or parchment paper pipe each individually on the sheet, giving enough room for each to expand.

Step 3: Baking the Pâte à Choux

Bake at 400°F (200°C) for 10 to 15 minutes, to achieve initial expansion, then turn down heat to 300°F (150°C) and continue to bake until golden, about another 10 minutes. Do not open the door for the first 10 minutes.

The choux will be baked through once they are golden crispy color.