

# Make It Sweet.

8566 Research Blvd, Austin, Texas 78758  
(512) 371-3401 local (866) 371-3401 toll free  
www.MakeItSweet.com info@allinonebakeshop.com

## Pâte a Choux

### Cream Puffs, Eclairs and More!

This is a standard recipe for basic pâte a choux. This dough can be used to make sweet and savory items such as cream puffs, eclairs and gougères. All you need is a pot and a stiff wooded spoon. It can be mixed in a mixer with a paddle attachment, but I think the consistency is better when it is made by hand.

- 1 cup water
- 1/2 cup butter (1 stick)
- 1 cup flour
- 1 cup eggs (4 large eggs)
- 2 Tbsp sugar (use only when making a sweet dough)
- 2 tsp vanilla bean paste (use only if making a sweet dough)
- 2 Tbsp grated Parmesan Cheese (use only when making a savory gougere dough)

Preheat oven to 425 degrees F. Bring the water and butter (and sugar if making a sweet dough) to a simmer over high heat. Reduce the heat to medium and add the flour all at once and stir rapidly. The flour absorbs the water and the dough will start pulling away from the sides of the pan. Remove from the heat and keep stirring until the dough forms a ball - another minute or two. Let the dough cool a little bit – about 5 minutes. Add the eggs one at a time mixing rapidly. Make sure that the egg is fully combined into the paste before adding the next one. Add the parmesan cheese before the last egg if making the savory gougere dough. The pâte a choux can be cooked immediately at this point or refrigerated for up to a day until ready to use.

For cream puffs use a large round tip in a pastry bag and pipe golf ball sized mounds of dough onto parchment lined baking sheets, spacing them about 2 inches apart. Pipe longer sausage shaped lines for eclairs and large marble size mounds for gougères. Press the peaks down with a moistened finger. Bake in a hot oven (425 for 10 minutes, turn the temperature down to 350 and bake for about half hour more. They should be puffed, golden brown and sound hollow when you tap the bottom of the puff. Use a paring knife and poke a hole in them as soon as they come out of the oven to release steam.

For cream puffs and eclairs, let cool completely before adding fillings. See the recipe for Bavarian Cream for a great filling option. For gougères, eat right away and enjoy!

