

Maine Arts Camp

Recipe: Pate au Choux-Cream puff/Éclair paste

Chef: Charlie Limoggio CEC

Servings: 25

Quantity	Unit	Ingredient	Prep Notes
8	Ounces	Margarine or unsalted butter	
2	Cups	Water	
9 ½	Ounces	All-purpose flour	
½	Teaspoon	Salt	
16 +/-	Large	eggs	

1. Melt margarine in boiling water.
2. Add flour and salt all at once to boiling mixture. Beat vigorously. Remove from heat as soon as mixture leaves sides of pan. Transfer to mixer bowl. Cool slightly.
3. Add eggs one at a time, beating on high speed after each addition. Check for strength between fingers.
4. Drop batter with No. 24 dipper onto greased baking sheets. Bake at 425°F for 15 minutes. Reduce heat to 325°F and bake 30 minutes longer.
5. When ready to use, make a cut in top of each puff with a sharp knife. Fill with Custard Filling (p. 198), using a No. 16 dipper. Top with Chocolate Sauce (p. 584) if desired.

Notes: Potentially hazardous food. Store at internal temperature below 41°F.

VARIATIONS:

Butterscotch Cream Puffs. Fill cream puffs with Butterscotch Pudding (p. 247). Top with Butterscotch Sauce (p. 583) if desired.

Éclairs. Shape cream puff mixture by piping with a pastry tube, 3/4 inch wide and 4 inches long. Bake. Split lengthwise. Proceed as for Cream Puffs. When filled, ice with Chocolate Glaze

Ice Cream Puffs. Fill puffs with vanilla ice cream and serve with Chocolate Sauce

Orange Cream Puffs with Chocolate Filling. Add 1/2 cup grated orange peel and 10 oz. chopped almonds to cream puff mixture. Bake. Fill with Chocolate Cream Filling or Chocolate Pudding

Puff Shells. Make bite-size shells with pastry tube or No. 100 dipper. Bake. Fill with chicken, fish, or ham salad. Yield: approximately 200 puffs.

Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.