

Maine Arts Camp

Recipe: Pate a Choux – Cream Puff paste

Chef: Charlie Limoggio CEC

Servings: 24

Quantity	Unit	Ingredient	Prep Notes
1	Cup	water	
2	Sticks	Unsalted butter	
½	Teaspoon	Salt	
2	Tablespoons	Sugar	
10 ½	Ounces	Bread flour	
8	Large	Eggs	
1	Cup	milk	

1. Preheat oven to 425°F.
2. Place milk, water, butter & salt in a sauce pan. Bring to a boil.
3. Add the flour all at once and stir vigorously with a sturdy wooden spoon until it pulls cleanly off the sides of the pan.
4. Place hot dough in a tabletop mixer with paddle attachment. Run on 1st speed to release heat & steam.
5. When cool enough (when you can place your hand on the bottom outside of the bowl and not keep it there) to add eggs, shift to 2nd speed and add 1 egg at a time while beating.
6. After the 7th egg is incorporated, check for readiness by placing about ½ teaspoon between thumb & forefinger. Slowly separate fingers to one inch. If the dough remains attached, you're ready. If it tears apart, process longer and recheck. This is when you have to determine if the 8th egg is needed.
7. Pipe into desired shapes on a parchment lined sheet pan.
8. Bake for 20 minutes at 425°F, then lower oven temperature to 350°F and bake until done. About 15-25 minutes depending on size.
9. When filling with pastry cream, insert a thermometer probe into one end of the cooked pate a choux to break up the honeycomb structure inside so the cream will fill the pastry

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.

The dough is cool enough to add the eggs when you can place your hand on the bottom of the steel bowl and not get burned.