



Pâte à choux — Cream Puff & Eclair Recipe

Water	230 grams
Salt	Pinch
Butter	114 grams
Bread Flour	170 grams
Eggs	230 grams

Instructions:

- 1) Bring the first three ingredients to a boil in a heavy bottomed stainless steel pot.
- 2) Stir in the flour and continue to cook over medium heat about three minutes. The dough should come together and pull from the sides of the pot. Stir constantly with a rubber spatula.
- 3) Place the flour mixture in an electric mixer with the paddle attachment. On medium speed, while still hot, add the eggs one or two at a time.
- 4) Continue mixing on medium speed until just cool.
- 5) Immediately pipe the mixture into desired shapes on parchment paper.
- 6) Egg wash, score with a fork, and then bake immediately until golden brown and no moisture is visible under the pastry.
- 7) Bake 400 °F for 5 minutes (Steam first 10 seconds, with a spray bottle for home baking), then reduce the heat to 325 °F until done. After you steam them, do not open the oven until at least 12-15 minutes after baking. When they are golden brown, you need to take one out from the middle of the tray and tap it on the bottom. If it sounds hollow, the pastry is ready to pull out of the oven.

Vanilla Bean Pastry Cream

Milk, whole	540 grams
Sugar 1	110 grams
Butter, Salted	44 grams
Eggs	110 grams
Sugar 2	54 grams
Cornstarch	49 grams
Vanilla Extract	9 grams
Vanilla Bean, split and seeded	1 Each

Instructions:

- 1) Combine the milk, 1st sugar, split vanilla bean, and butter in a stainless sauce pot.
- 2) Combine the eggs, 2nd sugar, cornstarch, and vanilla extract in medium mixing bowl. Whisk until smooth and no lumps remain.
- 3) Bring the milk mixture to a boil and pour half into the egg mixture to temper it.
- 4) Stirring constantly, pour the hot egg/milk mixture back into the pot and cook until the mixture thickens and boils at least one 1 minute.
- 5) Immediately pour the pastry cream into a shallow pan or desired shell (for tarts).
- 6) Cover directly with plastic wrap and refrigerate immediately. Make up a day prior in order to set in the fridge properly. If in a rush, spread thinly on sheet pans with plastic wrap covering it to set quicker.

Caramel

Granulated Sugar	2 Cups
Water	3 Tbsp

Instructions:

- 1) In a medium sized sauce pan, add the sugar and water. Start cooking over medium heat and stir constantly until all the sugar is dissolved.
- 2) With a pastry brush, and a cup of clean water, brush down the sides of the pan so no undissolved crystals of sugar remain.
- 3) When the solution comes to a boil, stop stirring and cook until sugar solution turns into a light amber color. Brush the sides of the pot as needed so no crystallization occurs.
- 4) When caramel is cooked start immediately dipping desired pastries.

Croquembouche Assembly

Instructions:

- 1) Assemble a foil cone wrapped around a vase, styrofoam, or shape desired. Traditionally they are made into cone towers.
- 2) Spray the tin foil generously in cooking spray to ensure no sticking.
- 3) When all cream puffs (profiteroles) are filled and dipped in caramel, take the additional caramel (or a fresh pot of caramel if needed) and dip the side of one cream puff and place on the bottom. Immediately repeat this process working either from left-to-right, or right-to-left order. Dip and place until the bottom ring is assembled.
- 4) Once first ring is stabilized, continue onto the next layer by dipping the bottom, and the side of each cream puff. Continue quickly until the next ring is assembled.
- 5) Repeat this process all the way up the ring. Once the caramel sets, let it rest for about 10-15 minutes to ensure the caramel is completely set. Lift carefully and remove the cone from within.
- 6) Place on desired serving tray and enjoy!