



UNIT 9 / PRACTISE 1

Coux pastry

Ingredients

- 0,250 l water or milk
- 0,075 kg butter
- 0,125 kg wheat flour type 405
- 3 pcs. eggs á 60-70 g
- 0,005 kg salt

Notes

- Choux pastry can also be used for profiteroles, or as an ingredient for potato preparation > pommes
- Dauphine or served with cream cheese filling to cold plates.
- If the mass is not heated long enough during "burning", the cream puffs will rise only slightly.
- Cream puffs or eclairs can also be coated with chocolate glaze.
- Orange peel, orange liqueur or rum can also be used. It can also be used orange peel, orange liqueur or rum, but also vanilla or cinnamon for flavoring.
- Gelatin is used in chocolates with low fat content.
- Classic garnishes: ...are mint / cream / raspberries.

Directions

1. Heat water or milk (for desserts or cakes - use milk) with butter,
2. Add the flour with a sieve all at once.
3. Now stir with a stirring spoon until the mixture is smooth and has separated from the bottom of the pot. This "burning off" is the most important thing, because then you can add more eggs and the dough will double in size when baked.
4. Put the dough in another container and add the eggs, beaten one by one, stirring vigorously.
Caution: never add all the eggs at once, otherwise the mixture will not bind.
5. Pour the mixture into a piping bag with a star-shaped nozzle, lightly grease the baking tray and then pipe cream puffs or éclairs. Always with enough space between them.
6. Bake in a preheated oven at 200°C for about 30 minutes.
7. Allow to cool after baking. Cut off the upper third and sprinkle this with powdered sugar.
8. Fill the lower part with whipped cream and/or fruit curd cream or chocolate cream.





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