

The Chouquettes

Choux pastry is choux pastry. Once cooked, you can stuff these choux puffs with cream, ice cream, etc. In this case, you do not add pearl sugar.

Ingredients

125 ml water
125 ml milk
1 pinch of salt
125g butter
150 g of flour
4 eggs
pearl sugar to put on chouquettes

Note: the water-milk ratio will determine the consistency of the chouquettes: with more milk they will be softer and more supple, with more water they will be firmer and more cardboardy.

Preparation

1. Preheat the oven to 165°C.
2. Pour the milk, water, salt and butter into a saucepan. Bring gently to a boil, stir to combine the butter.
3. Once everything is homogeneous, off the heat, add the flour and stir vigorously with a plastic spatula until you obtain a smooth, compact dough, which separates from the pan.
4. Return the pan to a low heat and stir with a spatula, removing the dough from the pan: we will “dry it out” to eliminate excess water. This step lasts several minutes.
5. In the Kenwood bowl, with the K, stir the dough and add the eggs one by one, mixing well between each egg. The dough should form a soft ribbon.
6. Form the choux buns on a baking sheet (covered with parchment paper). You can use a piping bag but it can also be done with a spoon.
With these quantities we fill a 60x60 cm plate.
7. Brown the choux with egg yolk and add the pearl sugar.
8. Cook at 165°C for 37 minutes, do not open the oven door during cooking.