

BASIC CHOUX PASTRY AND TROUBLESHOOTING GUIDE



COURSE: APPETIZER, DESSERT, PASTRY, SWEETS

CUISINE: EUROPEAN, FRENCH



KEYWORD: CHOUX PASTRY, CREAM PUFFS, HOW TO MAKE CHOUX PASTRY, HOW TO MAKE ECLAIRS, PROFITEROLES

PREP TIME: 20 MINUTES COOK TIME: 1 HOUR COOLING TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 50 MINUTES SERVINGS: 27 2 INCH CASES CALORIES: 58KCAL

AUTHOR: DINI FROM THE FLAVOR BENDER

Learn how to make Perfect Choux Pastry step by step - The only recipe guide you will ever need to make choux pastry, with perfect results every time. Plus a troubleshooting guide for your choux pastry recipe. Fool proof choux pastry to make profiteroles, eclairs, cream puffs and more.

Each pastry shell in this recipe comes from a spoonful of dough (either piped or spooned on to a baking sheet, roughly 2 inches in diameter). Baking time given here is based on this.

EASY - This can be made by novice bakers. However, I highly recommend reading this recipe + post before attempting choux pastry for the first time.

US based cup, teaspoon, tablespoon measurements. [Common Measurement Conversions](#)

INGREDIENTS

- 8 fl oz water
- 4 oz unsalted butter cubed and at room temp.
- 4.7 oz AP flour, sifted use 5 oz / 145 g for a firmer shell (like for eclairs)
- 8 oz eggs weighed with the shell, about 4 large eggs
- 1/2 tsp sea salt use less if using table salt, or fine salt
- 1 tbsp white sugar optional
- 1/2 tsp vanilla extract optional

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Place salt, water, sugar (if using) and butter in a saucepan and heat over medium heat, stirring occasionally. When the water is starting to boil (butter should be melted at this point), add the flour in one go (do this with the saucepan away from the stove/heat) and vigorously mix the flour in, so that it absorbs all of the water (use a wooden spoon or spatula to do this). When the flour has absorbed the water and it's forming a dough, return the pan to the stove (medium heat).
3. Cook the dough for 2 - 5 minutes while you mix and move it around in the pan until you get a dough that pulls away from the sides of the pan, forms oil droplets on the bottom of the pan, and when you stick a spoon in the dough, it stays upright.
4. Transfer the dough to a bowl, and let it cool down slightly for a few minutes. Add the vanilla extract (if using), and then with a hand-held mixer (or whisk), mix the dough while adding the eggs one at a time, mixing well after each addition. Make sure the eggs are lightly beaten so that you can stop adding eggs immediately, when you reach the right consistency (i.e. a dough with a glossy sheen with

pipeable consistency. You may or may not use up all the eggs, please see the post for details).

5. Prepare a baking tray with parchment paper and mist the surface with water (either using a mister or lightly sprinkle water with your hands - this is an optional step).
6. Pipe the desired shape on to the baking sheet - either using a piping bag fitted with a large tip (I use Wilton 1A or 2A tip, or you can cut the pastry bag opening instead), or spoon it on to the tray, using a teaspoon. Then with a damp finger, flatten the apex and any points.
7. Bake in preheated oven for 30 - 40 minutes in the center of the oven, or until the choux pastry shells puff up and are golden brown on top. Do not open the oven door, at least until you have reached the 25 minute mark. Importantly, baking time depends on the size of your pastry shell. If you prefer a drier shell, bake for a couple of minutes longer.
8. During the last 5 - 10 minutes of baking, prick each shell with a skewer or toothpick and let them dry out in the oven while baking.
9. Remove from the oven, and let the choux pastry cases cool completely in a draft-free area. Preferably in a place that is not cold. (Letting them cool in an open but turned off oven is even better, but not necessary).
10. Fill with a sweet or savory filling and serve immediately. Or you can store cooled choux pastry shells in an air-tight container for up to one day. To store them for longer, keep them in the freezer in an air-tight container.

NOTES

Please note - these are instructions for smaller pastry cases (1 1/2 - 2 inches in diameter when piped) .If you require larger profiteroles, you can bake the cases at 420°F for 10 minutes, and then at 350° F for 20-30 minutes until golden brown and puffed up. It may take longer, so keep an eye on the pastry. Bake until they are a dark golden color to ensure that they don't collapse when cooling down. Or you can bake them at 375°F for a longer time as well.

- You can substitute bread flour for AP flour, if you'd like thicker choux pastry that holds its shape better.
- Substitute half of the water with milk for softer choux pastry cases that have a better taste.

NOTE - The recipe has been slightly updated (February 2019). The amount of flour was increased slightly to make this recipe more foolproof, and additional instructions for making eclairs have also been added.

NUTRITION

Calories: 58kcal | Carbohydrates: 2g | Protein: 1g | Fat: 4g | Saturated Fat: 2g | Cholesterol: 40mg | Sodium: 45mg | Potassium: 18mg | Vitamin A: 150IU | Calcium: 11mg | Iron: 0.3mg

Recipe from The Flavor Bender

Basic Choux Pastry and Troubleshooting guide <https://www.theflavorbender.com/how-to-make-perfect-choux-pastry/>