

Julia child's cream puffs!



Other



5 servings



Very Easy

4

Ingredients

Number of serving: ⊖ 5 ⊕

1 cup water

6 tablespoons unsalted butter

1 pinch salt

1 teaspoon sugar

optional: pinch of nutmeg

3/4 cup all purpose flour

4 extra large eggs

Julia Child's Creme Patissiere Recipe :

1 cup sugar

5 egg yolks

1/2 cup flour

2 cups milk

1 1/2 tablespoons vanilla

1 tablespoon butter room temp

1 1/2 tablespoons vanilla extract

Julia Child's Creme Saint Honore Recipe:

1 Creme Patissiere recipe (see above)

8 clean and fresh egg whites (Check date for freshness and clean the shells before cracking)

pinch salt

2 tablespoons sugar

Preparation

Preparation 20 min

Cook time 25 min

1 Preheat oven to 425 and get a sheet pan lined with parchment. Fit a large pastry bag with the largest tip or you skip the bag and use 2 spoons to form

2 Heat water, butter, sugar, nutmeg, and salt over medium heat once the is melted add flour all at once and beat with a wooden spoon until it comes together and forms a dough.

3 Now cook stirring constantly over low heat for 2 minutes. The dough will to coat the bottom of pan. Dump this hot dough into a food processor with a dough hook and add eggs, pulse until eggs are incorporated and mixture is

4 Forming Puffs: Spoon the mixture into the pastry bag. On the sheet pan p out 1 1/2 inch high mounds, makes about 30, and then with a wet finger gently press each swirl down.

5 Or you can use 2 spoons to scoop out and shape with wet fingers. Bake 2 minutes, lightly brown & doubled in size & hollow when tapped, turn off oven

6 Immediately make a small slit in the side of each puff to allow steam to escape, this will help them to not collapse. Return to tuned off oven and leave door a-jar for 10 minutes. Cool on rack.

7 Julia Child's Creme Patissiere Recipe :

In a large mixer beat the sugar and eggs, 2-3 minutes, until pale yellow and ribbon forms.

Beat in the flour.

Heat the milk up to boiling in a thick bottomed pot.

Now add this milk to the egg mixture while beating in a very slow steady stream. Pour this mixture back into the heavy bottomed pot and set over moderate heat.

Stir with a whisk , getting at the bottom, and do not worry about it getting lumpy it will smooth out as you beat.

Once boil is reached beat over low heat for 2-3 minutes, just to cook flour and smooth out.

Remove from heat and add the butter and vanilla whisking smooth.

Cover with plastic directly on top of custard and refrigerate for a few hours to thicken and cool. This will keep for 1 week in fridge or may be frozen.

Now you can use this if you want a custard texture or proceed to next recipe for lighter fluffier filling. Note: the above creme must still be hot when adding the whites so skip the refrigeration part.

8 Julia Child's Creme Saint Honore Recipe:

Beat egg whites and salt until soft peaks form. Sprinkle on the sugar and beat until stiff peaks form. Stir 1/4 of the egg whites into the hot custard (Creme Patissiere) then fold in the rest careful not to deflate the egg whites. Chill in the fridge before filling the puffs.

9 Filling the Cream Puffs:

Either squeeze the creme in with a pastry bag through the slit OR Remove the puffs and insert filling with a spoon then replace the tops. Either way this will help fluff them up a bit if they have sunken a little.