



COMMUNITY KITCHEN

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**WELCOMING
WEEK**
**SEPTEMBER
12-21**

THE ART OF PÂTE À CHOUX

Ready In: 35 minutes

Ingredients: 7

Yields: 30-40 profiteroles (choux pastry balls)

"Pâte à Choux" (pronounced *paht a shoo*) is one of those pieces of kitchen magic. It is used to make an array of puffy pastries such as eclairs and profiteroles. A unique, double-cooked dough, Pâte à Choux inflates to tremendous proportions when baked in a high temperature oven thanks to its high ratio of eggs to flour. Surprisingly simple to make!

Ingredients

- ⅓ cup butter, cubed
- ¾ teaspoon sugar
- ½ teaspoon salt
- 1 ⅔ cups flour
- 3 large eggs
- 1 ½ large egg whites

PÂTE À CHOUX FUN FACTS

★ FUN FACT #1

'Choux' means cabbage in French—named for the small, round shape of the original pastries.



★ FUN FACT #2

No yeast, no baking powder—just steam makes the dough puff up in the oven



★ FUN FACT #3

Sweet versions = cream puffs, éclairs, profiteroles
Savory versions = gougères (cheese puffs)



★ FUN FACT #4

Pâte à choux first appeared in 16th-century France, possibly created for Catherine de' Medici's court!



★ FUN FACT #5

By the 19th century, French chefs filled choux pastries with pastry cream



Directions

1. Using a large pot, bring the water, butter, sugar and salt to a boil over high heat.
2. Chef's Note: It is important to cube the butter into small pieces so that it melts completely before the water comes to a full boil. If the water boils too soon, there will be too much evaporation, and the final dough will be too dry.
3. As soon as the water reaches a boil, add the flour in a single addition. Using a wooden spoon, stir the mixture over medium-high heat until a homogeneous dough forms. Continue to actively stir the dough over the heat until it forms a ball that easily pulls away from the side of the pot -approximately two to three minutes.
4. Chef's Note: When adding the dry ingredients, stir aggressively - the dough should form quickly. Cooking the dough mixture for a couple of minutes causes the starches in the flour to gelatinize and dries the dough.
5. Transfer the dough to a mixer fitted with a paddle attachment and beat the dough on medium speed for several minutes, releasing heat and steam. While the dough cools, beat the eggs and egg whites together in a separate bowl and set aside.
6. Once the dough is no longer hot, add the eggs in no fewer than six additions. After each addition, mix the dough until the Egg is completely incorporated. When all the eggs have been added, the dough should be slightly fluid (i.e. when a trench is drawn through the center of the dough, it should fill back in within a couple of seconds).
7. Chef's Note: It is important that the dough cools slightly before the eggs are added or else the eggs will cook. However, if the dough is too cold, the eggs will not mix in well.
8. Form and bake the Pâte à Choux according to the specific recipe. Most pastries made with Pâte à Choux are baked in a high temperature oven (i.e. 400+ degrees Fahrenheit) for over 20 minutes.
9. Once baked, allow to cool on the baking sheet. Do not disturb as you risk the profiteroles to collapse.
10. Once cooled, pipe, whipped cream into the bottom of the puff. You can also cut off the top, fill with whipped cream, and replace the top.
11. Drizzle with melted chocolate if desired.

