

Pate a Choux

Choux pastry is usually baked but for beignets it is fried. In Spain and Latin America, churros are made of fried choux pastry, sugared and dipped in a thick hot chocolate for breakfast. This pastry is used to make profiteroles, éclairs, French crullers, beignets, St. Honoré cake, quenelles, Parisian gnocchi.

Yield: 4 dozen bite-size cream puffs

Ingredients:

- 1 cup water
- 3/4 stick butter (6 tablespoons)
- 1 tablespoon sugar plus 1/8 teaspoon salt (for sweet)
- 1 teaspoon salt (for savory)
- 1 1/3 cups all-purpose flour
- 1 cup eggs, about 4 large eggs

Directions:

1. Boil water, butter, and salt or sugar.
2. Add flour and remove from heat. Work mixture together and return to heat.
3. Continue working the mixture until all flour is incorporated and dough forms a ball.
4. Transfer mixture into bowl of a standing mixer and let cool for 3 or 4 minutes. With mixer on stir or lowest speed
5. add eggs, 1 at a time, making sure the first egg is completely incorporated before continuing.
6. Once all eggs have been added and the mixture is smooth put dough into piping bag fitted with a round or star tip.

Note:

To bake, cook for 10 minutes at 425 degrees F., then turn the oven down to 350 degrees F and bake for 10 more minutes or until golden brown. Once they are removed from the oven pierce with a paring knife immediately to release steam.

To fry, pipe into a 350 degree F. deep fryer 4" to 6 " long pieces.