

## RECIPE

### CHOUX PASTRY

#### INGREDIENTS

60	g	Butter
125	ml	Water
125	ml	Flour
2		Eggs
		Pinch of salt

#### METHOD:

1. Bring water, butter and salt to the boil.
2. Tip all the flour into the water mixture all at once.
3. Beat the mixture until it forms a soft smooth ball.
4. Remove from heat and allow to cool slightly.
5. Add eggs one by one and beat thoroughly before adding the next egg.
6. Beat until you have a smooth glossy paste.
7. Spoon the mixture into a piping bag and pipe into desired shapes.
8. Bake in the oven at 220°C for 10 minutes and then reduce the temperature to 180°C for 15 minutes.
9. Cut and spoon in desired filling.

#### RECIPE ANALYSIS:

##### INGREDIENTS:

BUTTER	WATER	FLOUR	SALT	EGGS
<ul style="list-style-type: none"><li>• TEXTURE</li><li>• FLAVOUR</li></ul>	<ul style="list-style-type: none"><li>• CONVERTS TO STEAM AND ACTS AS THE RAISING AGENT</li></ul>	<ul style="list-style-type: none"><li>• GLUTEN STRUCTURE</li><li>• ELASTICITY</li></ul>	<ul style="list-style-type: none"><li>• FLAVOUR</li></ul>	<ul style="list-style-type: none"><li>• PROTEIN COAGULATES TO STABILISE END PRODUCT</li><li>• EMULSIFIES THE BUTTER AND WATER.</li></ul>





#### METHOD:




- Start cooking choux pastry at a high temperature so the steam develops quickly and the pastry puffs up immediately.
- Lower the temperature so that the pastry does not burn, but continues to cook.
- Never open the oven door during the first half the baking process.
- Don't take the pastry out of the oven too soon as they may collapse.
- Allow the mixture to cool slightly before adding the eggs so the mixture does not curdle.
- Add eggs one at a time to prevent the mixture from becoming too runny.

#### FAULTS:

NOT AERATED	GREASY & HEAVY	NOT RISEN ENOUGH & SPREAD SIDEWAYS	SMALL VOLUME & THICK CRUST
<ul style="list-style-type: none"><li>• Mixture too soft</li><li>• Oven too cold</li><li>• Eggs not beaten into mixture sufficiently</li></ul>	<ul style="list-style-type: none"><li>• Mixture overcooked</li><li>• Oven too cold</li><li>• Too much butter</li></ul>	<ul style="list-style-type: none"><li>• Too many eggs used</li><li>• Eggs added too quickly</li></ul>	<ul style="list-style-type: none"><li>• Oven too cold</li><li>• Not enough steam generated during baking process</li></ul>

## PRODUCT DETAILS:

PRODUCT:	EXPLANATION:	
CHOUX PUFFS	Savoury choux pastry ball. Can be filled with cheese, ham, cheese sauce.	
GOUGERE	A choux pastry ball flavoured with cheese.	
BEIGNETS	Squares or strips of choux pastry that are deep fat fried and dusted with icing sugar	
CREAM PUFFS	Round shaped balls of choux pastry filled with Chantilly cream.	

<p>PARIS-BREST RING</p>	<p>Choux pastry piped into the shape of a large ring, topped with slivered almonds, baked and filled with pastry cream or whipped cream</p>	
<p>GATEAU SAINT- HONORE</p>	<p>A round puff pastry base with a ring of choux pastry piped along the edge, baked and filled with whipped cream and pastry cream. Profiteroles are then filled and dipped in caramel and placed on top for decoration</p>	
<p>ECLAIRS</p>	<p>Long shaped choux pastry buns filled with pastry cream or cream and glazed with icing.</p>	
<p>CHURROS</p>	<p>Mexican or Spanish choux pastry shaped like sticks, flavoured with cinnamon. Deep-fat fried and dusted with castor sugar</p>	