



JERNEJ KITCHEN

HOW TO MAKE CHOUX PASTRY

Choux Pastry or Pâte à Choux is so versatile, great for both savory and sweet treats. For appetizers, desserts and snacks.

MAKES	24	CHOUX PASTRIES
PREPARATION:	10	MINUTES
BAKE:	25	MINUTES
TOTAL TIME:	35	MINUTES

CHOUX PASTRY

125 g milk (4.4 oz)
125 ml water (4.4 oz)
pinch of salt
100 g butter (3.5 oz)
145 g all-purpose flour (5.1 oz)
5 eggs (265g / 9.3 oz)

TOOLS AND EQUIPEMENT

saucepan
wooden spoon
electric mixer
piping bag with 1 cm (1/2-inch)
tip
2x baking sheets
parchment paper

CHOUX PASTRY

Preheat a standard oven to 200 °C / 390 °F or preheat a convection oven to 190 °C / 375 °F. Pour milk and water into a saucepan. Add a pinch of salt and butter. Place over medium-high heat and bring to a boil, so that the butter melts completely. Reduce the heat to low heat, add all-purpose flour, all at once, while whisking vigorously at all times to get a nice, thick texture.

TIP

If you are making choux pastry for dessert, you can optionally add one tbs of sugar (the same time as you add salt).

CHOUX PASTRY

When the flour is completely incorporated, cook for another minute on low heat until the dough pulls away from the sides of the pan and the bottom of the pan is clean. The dough should be glossy and smooth, but not dry. Remove from the heat and cool for about 2 - 3 minutes.

ADD THE EGGS

While the mixture is still hot, add the eggs. For the easiest way to incorporate eggs, you can whisk them in a bowl beforehand or even use an immersion blender, then gradually pour the eggs into the mixture, while mixing constantly with a hand mixer. Otherwise add one egg at a time, adding another egg only when the previous has been completely incorporated. Don't forget to mix at all times, using an electric mixer.

TIP

At this point you can store the choux pastry in a pastry bag in a fridge for up to 2 days. When you decide to use it, place it our

on room temperature for at least 10 minutes.

BAKE AND SERVE

Transfer the choux pastry to a piping bag fitted with a 1cm (1/2 inch) round tip. Line two large baking sheets with parchment paper and pipe 5 cm (2-inch) mounds about 6 cm (3 inches) apart. The dough more than doubles while baking so it must have enough space. Using a water moistened finger, smooth down the peaks. Place the first baking sheet into the preheated oven and bake for 20 minutes in a standard oven at 200 °C / 390 °F or in a convection oven at 190 °C / 375 °F. Then open the door of the oven to let the steam out, close the door again and bake for another 10 minutes at 180 °C / 355 °F or at 170 °C / 340 °F or until they are beautifully golden brown outside and fluffy and hollow inside.

TIP

Don't open the oven door for the first 20 minutes or they will collapse.

You can freeze piped choux pastry for up to a month. When you are ready to use the frozen choux pastry place the baking sheet with frozen choux pastry in a preheated oven and continue as described in method above.

STORE OR SERVE

You can store the baked choux pastry at room temperature for one day or you can serve it immediately. Fill it with your favorite sweet or savory cream. Our favorite savory filling is this [cheese sauce](#). Enjoy.

TIP

Baked choux pastry can be frozen in covered container for up to 3 weeks. To refresh baked choux pastry preheat oven to 190°C / 375°F and bake for 5 minutes.