

Choux pastry



Serves :

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Prep :

30 min.



Rest :

Freezing : 20 min.
Refrigeration : 2h



Cook :

Temperature : 320°F
Time : 45 min.

Special equipment

Spatula

10 mm piping tip

List of recipes

- ✓ Choux pastry
- ✓ Technique for obtaining a perfect shape without a craquelin



Steps

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Cool to 45-50°C/113-122°F
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At least 160°C/320°F for about 40-45 minutes

Ingredients

- ☑ 125g ~ Milk
- ☑ 125g ~ Water
- ☑ 2g ~ Salt
- ☑ 4g ~ Superfine Sugar
- ☑ 115g ~ Butter
- ☑ 125g ~ All-purpose flour
- ☑ 210g ~ Whole eggs (about 4-5 eggs)
- ☑ 15g ~ Milk (optional)

The preparation

- Cut 115g of butter into small cubes.
- Add 4 to 5 whole eggs to a mixing bowl and beat them.
- Then weigh the eggs (filtering them through a sieve if possible).
Take 210g of whole eggs.
- Sift 125g of all-purpose flour.
- Pour 125g of water and 125g of milk into a saucepan (either semi-skimmed or whole).
- Finally, add 2g of salt + 4g of superfine sugar to the milk/water mixture



The panade

- Pour the diced butter into the saucepan with the water/milk/salt/sugar mixture and heat over low heat.
- Using a spatula, mix to facilitate the melting of the butter.
The important thing at this stage is that the butter is melted before the milk starts to boil.
- When the butter is completely melted, increase the heat to bring the milk to a boil.
- When the milk boils, remove the saucepan from the heat and immediately pour the sifted flour into it.
- Using the spatula, mix vigorously until a homogeneous paste is obtained that detaches from the side.
- Replace the saucepan over medium heat to dry out the dough.
- Mix vigorously for 2-3 minutes until a thin film forms on the bottom of the saucepan.
- Pour the dough into the bowl of the mixer (or a bowl if you want to do it by hand).
- You have just made the panade!



Choux pastry

- Using the paddle attachment on medium speed, mix the panade until its temperature drops to around 45-50°C/113-122°F.
- When the panade has reached 45-50°C/113-122°F, gradually add the beaten eggs (make sure the eggs are at room temperature). Ensure that between each addition, the eggs are fully incorporated into the dough.
- When half the eggs have been added, check that the mixture is being properly combined using a spatula.
- Stop adding eggs when you can lift the paddle of the mixer out of the dough, and it forms a slowly falling ribbon. At this stage, the choux pastry should be perfectly smooth and shiny.
- Stop adding eggs based on the consistency of the choux pastry, not based on the number of eggs left..
- So, at this stage, two scenarios may arise:
 - There may be some egg left (or all the egg has been used) but the consistency is correct.
 - All 210 g of eggs have been used, but the dough is still too firm. In this case, add a maximum of 15 g of milk gradually until the correct consistency is reached.
- Transfer the choux pastry to a piping bag and refrigerate for at least 2 hours.



Ingredients

- Powdered sugar (as needed)

And choose between:

- Grapeseed oil
- Clarified butter
- Deodorized coconut oil
- Mycryo/Cocoa Butter

The cooking

- For cooking, use a perforated mat and tray. This will prevent the choux pastry from having a curved bottom!
- Pipe the choux pastry preferably when it is at room temperature (remember to take it out of the fridge at least 30 minutes before).
- Always space the choux well apart, as they expand enormously during cooking.
- Correct the shape of the choux with a little water and your finger.
- Then the secret to prevent them from bursting during cooking is to spray them with a "neutral" fat.
- Choose between grape seed oil, clarified butter, mycryo or deodorized coconut oil.
- Dust the choux with icing sugar.
- Reserve in the freezer for 20 minutes (or more).
- Preheat the oven to 160°C/320°F.
- Bake the choux in a static heat for 45 minutes (the time will necessarily depend on the size of the choux). So, rely on their color!
- Do not open the oven during cooking, which would make them collapse.



❖ Why place the choux in the freezer just before cooking?

As I use a rather low cooking temperature (at 160°C/320°F), I maximize the thermal shock with the choux that are almost, or even completely frozen. This will increase the rise of the choux.

❖ Choice of oil:

It must be admitted that using oil, even so-called neutral oil, such as grape seed oil, gives the choux a slight fried taste. That's why I have a strong preference for deodorized coconut oil, which, for me, gives the best result and has the most neutral taste.

❖ Baking tray:

Use a perforated tray and mat, this allows the steam to escape from the bottom and prevents accidents with choux that have a concave bottom. This way, you will have choux with a flat bottom.

The disadvantage of the perforated mat is that the choux dough tends to get stuck in the mat's mesh. Therefore, you should avoid making the dough too liquid, or make a small preparation to avoid this kind of problem.

Using softened butter, fill the mat's mesh and place it in the refrigerator for 10 minutes (or 2 minutes in the freezer) so that the butter hardens. Sprinkle flour on the mat and remove the excess. You can then make your marks on the flour and use a cookie cutter or a small glass to shape the choux. (This technique is used in the Paris-Brest video at 13:56)

It is also important not to cook too many choux at once, as this would release too much steam and be harmful to the final result.

❖ The craquelin :

To obtain round choux pastry, the more commonly used method is to use a craquelin. Here is the recipe:

- 25g brown sugar
- 25g softened butter
- 25g all-purpose flour

Instructions:

1. In a mixing bowl, combine all ingredients until you have a homogeneous dough.
2. Roll out the dough to a thickness of 1 mm and cut it with a pastry cutter (the size should be 0.5 to 1 cm larger than the size of the choux pastry before cooking).
3. Freeze until ready to use.
4. Center one disc on top of each choux immediately before baking.