

Cream Puffs

Puffs

- 1/4 cup water per 5 puffs
- 2 tablespoons unsalted butter per 5 puffs
- 1/4 teaspoon white sugar per 5 puffs
- 1/8 teaspoon salt per 5 puffs
- 1 pinch nutmeg per 5 puffs
- 1/4 cup all-purpose flour per 5 puffs
- 1 egg per 5 puffs

Glaze

- 1 egg per 20 puffs
- 1/8 teaspoon salt per 20 puffs
- 1/2 teaspoon white sugar per 20 puffs

Whipped Cream

- 1/2 cup whipping cream per 5 puffs
- 1/4 teaspoon vanilla extract per 5 puffs
- 1/2 tablespoon white sugar per 5 puffs

Finish

- confectioners' sugar

Preheat oven to 400 degrees Fahrenheit, with a rack in the center of the oven.

On the stovetop, over medium heat, combine water, butter, white sugar, salt and nutmeg.

Once water starts to boil and the butter is melted, lower heat and sift in the flour. Whisk with a fork until thoroughly combined.

Continue cooking a couple minutes, until you can smell the flour just starting to toast.

Remove from heat, and cool the pan by placing the bottom in cool water. Then keep whisking until the mixture is cooler.

Add eggs, one at a time, and whisk in until uniform.

Prepare baking sheet with parchment paper.

Spoon the dough out onto the parchment.

Make a glaze by whisking an egg with salt and sugar.

Glaze each puff on the baking sheet.

Place the baking sheet on the middle rack. After 15 minutes, reduce heat to 350 degrees.

After an additional 30 minutes, turn heat off, and open oven door. Let stand for another 15 minutes.

Remove puffs to a wire cooling rack.

Whip cream with vanilla extract and white sugar. (Better if bowl, ingredients, and whisk are chilled first.)

Cut each puff open, spoon in whipped cream, and replace top.

Dust with confectioners' sugar.

Preparation time: ~90 minutes

– [Subscriptions \(1\)](#)

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