

Profiteroles (Choux pastry)

Ingredients

- 75g Plain Flour
- 60g Butter
- 150ml water
- 2 eggs beaten
- Pinch salt



Equipment

large mixing bowl, Small bowl, wooden spoon, small pan, cooling rack, tablespoon, teaspoons, fork, weighing Scales

Method

- Switch on Oven 180°C / Gas mark 6
- Collect equipment & ingredients
- Grease a baking tray and lightly sprinkle with water
- Weigh the water and place in a saucepan with butter over a low heat until the fat melts.
- Bring to a rolling boil and add the flour quickly in one go and remove from the heat.
- Beat until the mixture is smooth and leaves the sides of the pan clean.
- Beat in the eggs a little at a time until thoroughly blended in and the mixture is smooth and glossy.
- Place in a large piping bag and pipe small rounds, the size of a walnut, well-spaced on the tray.
- Place in oven (use gloves) Bake for 12 minutes at 180°C then 12 minutes at 160°C or until golden brown.
- Cool on a wire rack.
- Wash up and clean your work area

Top Tips

- Weigh the water and do not boil for too long or it will evaporate altering the recipe
- Shoot the flour into the boiling water in one go and still immediately to bring together
- Use an electric whisk to beat the mixture so it cools and beat in eggs. This will incorporate more air into the mixture.