

Ingredients needed for: ____/____/____ Name: _____

CHOUX PASTRY

Ingredients

50g butter
150ml water
100g strong flour
3 med eggs (you may not need all of the egg)

Equipment

Saucepan
Wooden spoon
Jug
Fork
Scales
Piping bag
Nozzle
Baking tray
Baking paper

Method

1. Sieve flour and set aside
2. Place butter and water in pan, melt over gentle heat then bring to the boil
3. Take off heat and immediately add flour. Stir to form a paste.
4. Return to heat and stir until a ball of dough forms in pan. Take off heat, leave to cool.
5. Beat eggs in jug, add to cooled mixture a little at a time beating well between each addition. (You may not need all of the egg). It needs to have a 'dropping' consistency'.

Éclairs / choux buns

Heat oven gas 8 / 220°C

Line a baking tray with baking paper.

Pipe fingers / small mounds on tray (spoons can be used for the buns).

Sprinkle some cold water onto the tray (fro steam).

Bake 10 – 12 mins then turn heat down to 180°C for a further 10 mins until well risen, set and golden.

Immediately slit one side of éclair / bun and leave to cool

Fill with whipped cream and top with chocolate sauce

Savoury buns

Follow instructions above but fill with cream cheese or

Add mustard and cheese with eggs

Gougère

Add ½ - 1 tsp mustard powder and 50 – 75g grated cheese with the eggs

Grease shallow casserole dish or tray. Place spoonfuls of mixture on base of dish or in circle on tray (could be piped)

Bake 30 - 35 mins until well risen and golden

Fill ring / dish with roux sauce and meat / vegetable fillings of choice