

Choux Pastry

Ingredients

65g plain or strong flour

50g butter / margarine

150ml water

2 eggs, lightly beaten

Method



1. Pre heat the oven to 200°C. Sift the flour onto a plate.
2. Put the butter and water together in a saucepan, heat gently until the fat has melted, then bring to the boil. Remove the pan from the heat. Tip the flour at once into the hot liquid. Beat thoroughly with the big white spoon until it resembles mashed potatoes. Allow the mixture to cool.
3. Beat in the eggs a little at a time.
4. It is important to beat the mixture vigorously at this stage to trap as much air as possible. A hand held electric mixer is ideal for this purpose. Continue beating until the mixture develops an obvious sheen and is ready to use.
5. Spoon or pipe the mixture onto a dampened baking sheet.
6. Bake in the oven until a medium brown colour. The oven must not be opened for at least 10 minutes.
7. Once out of the oven, pierce the pastry to allow steam to escape and prevent the buns becoming soggy.
8. Allow the pastry to cool completely before adding any filling.

For Profiteroles or Chocolate Éclairs

150ml double cream

1 small bar of chocolate

1. Whisk the cream until stiff
2. Cut profiteroles into half and spoon cream inside, put back together
3. Break the chocolate into pieces in a small glass bowl and melt over a pan of barely simmering water. Ensure the bottom of the bowl does not touch the water, just the steam should melt the chocolate.
4. Stir the chocolate until it is completely melted and spoon over the top of each profiterole.
5. Leave to set until the chocolate hardens.