

Choux Pastry –Fruity/ Savoury Profiteroles

Ingredients:

30g Strong Plain Flour
25g Butter
75ml water
1 large egg

To make about 10 choux profiteroles you will need 30g of strong plain flour, which, with its higher gluten content, gives crisper results than ordinary soft, plain flour.

About 200 ml filling.... Find some healthy fruity fillings

1. Pre-heat the oven to 200°C
2. Fold a sheet of baking paper in half and sift 30g strong plain flour over the fold. (add ½ tsp of caster sugar to create a sweet choux)
3. In a saucepan pour 75ml of water and add the 25g of block butter cut into small pieces. On a moderate heat (number 4) stir with a wooden spoon until the butter has melted.
4. Let the mixture come to the boil, however as soon as it does take it off the heat.
5. 'shoot' the flour into the mixture and stir quickly and firmly to combine together. It should turn into a ball of dough and leave the sides of the saucepan clean.
6. Leave the dough to cool to one side- in a jug beat the egg.
7. Once the dough is cooled- using an electric whisk add the egg a little bit at a time and mix with the dough- it will start to break up and turn into a glossy paste. (YOU MAY NOT NEED ALL THE EGG!)
8. On a baking tray you need to grease the baking tray with some oil- sprinkle water on the baking tray and tap any excess away over the sink.
9. Place the mixture onto the baking tray using a teaspoon. Leave about 2cm between each one.
10. Place in the oven and cook at 200°C for 10 minutes
11. After 10 minutes do not open the oven but increase the temperature to 220°C and bake for another 15 minutes.
12. Take profiteroles out of the oven and using a sharp knife pierce the side to let the air escape and cool on a wired rack.
13. To turn into éclairs/profiteroles you need to fill and finish

Fillings ideas... measurements will need scaling down



Raspberry pavlovas

<http://www.womanandhome.com/recipes/535732/raspberry-profiteroles>



Garlic cheese puffs

<https://www.rockrecipes.com/garlic-thyme-cheese-puffs/>



Strawberry and white chocolate profiteroles

<https://www.bbcgoodfood.com/recipes/strawberry-white-chocolate-choux-buns>



Caramel apple profiteroles

<http://www.greatbritishchefs.com/recipes/caramel-apple-choux-buns-recipe>