

PÂTE À CHOUX { CHOUX PASTRY }

A Skillshare Class
by **FoodNouveau**

INGREDIENTS

Makes about 16 large éclairs, 32 small éclairs, or 32 choux

1 cup [250 ml] all-purpose flour
½ cup [125 ml] water
½ cup [125 ml] whole milk
8 tbsp [113 g] unsalted butter, cut into cubes
½ tsp [2.5 ml] salt
4 large eggs

METHOD

1. Position a rack in the lower third of the oven. Preheat the oven to 400°F [200°C].
2. In a large saucepan, combine the water, milk, butter, and salt. Bring to a boil over medium heat. When the mixture is boiling, add the flour all at once and stir vigorously with a wooden spoon until the mixture pulls away from the sides of the pan.
3. Continue to cook and stir the mixture for about 1 minute to eliminate excess moisture. Depending on whether you used an aluminum or a nonstick pan, a thin layer of dough may stick to the bottom of the pan, but it's no worry. Take off the heat. At this point, the dough mostly comes together and rolls away from the sides of the pan when stirred.
4. Transfer to the bowl of an electric mixer and let cool for 5 minutes, stirring occasionally to allow the steam to come out.
5. Set the mixer to medium speed, and beat the eggs in one at a time, making sure each egg is well incorporated before adding the next. Also scrape the bowl down between each egg addition. Every time you add an egg, the dough will separate and look like a curdled mess, but it will then come back together in a really sticky, yet somewhat crumbly way. The dough will keep on getting smoother as you add more eggs. The dough is done when it is smooth and elastic, not dry. It will be very thick and sticky.

The choux paste can be covered and refrigerated for up to a half-day; when it is cold, you do not need to bring it back to room temperature before shaping.