

## Small Batch Cream Puffs

Kitchen # \_\_\_\_\_

¼ cup butter  
½ cup water  
½ cup flour  
2 eggs  
Vanilla pudding mix (instant)  
2 cups milk  
Powdered sugar  
Chocolate or Strawberry Sauce (optional)

*\*\*Note: If using salted butter, no need to add salt. If using unsalted butter, add a couple of pinches of salt.*

### Day 1

Preheat the oven to 400 degrees. In a medium saucepan set on medium high, heat the water and butter to boiling. As the mixture is boiling, vigorously stir in all of the flour until it forms a ball and resembles play-dough. Remove from heat.

Using a rubber scraper, remove the dough from the pan to a large mixing bowl. Let the dough cool for several minutes (2-3 min.). Add in eggs, one at a time, beating thoroughly with a hand mixer. Beat until smooth.

Drop the dough from a spoon onto a silicone lined baking sheet into rounds approximately 3 inches apart. Bake for 45-50 minutes until puffed, golden brown and dry. Remove from the oven and allow to cool, cut a small slit in the side of the cream puff. Once completely cool, store overnight in a bag, but not airtight as they will get soggy.

Once your cream puffs are in the oven, mix up your pudding according to the package directions. Cover, label and place in the refrigerator.

### Day 2

Slice off the tops of your cream puffs, remove any excess filament and fill with vanilla pudding. Garnish with powdered sugar. *Optional: Drizzle with chocolate or strawberry sauce if desired.*



## Prep Jobs

### Day 1

\_\_\_\_\_ Preheat the oven & line the baking sheet with a silicone mat

\_\_\_\_\_ Boil the water and butter

\_\_\_\_\_ Vigorously stir in flour to boiling water and butter; remove from heat

\_\_\_\_\_ Scrape dough into a large mixing bowl & add eggs, one at a time, beating thoroughly after each with a hand mixer.

\_\_\_\_\_ Drop dough from a spoon onto the lined baking sheet, approximately 3 inches apart

\_\_\_\_\_ Place cream puffs in the oven, set the timer and make the pudding

\_\_\_\_\_ Label bags and plastic wrap with period/kitchen # for overnight storage of ingredients

### Day 2

\_\_\_\_\_ Cut the tops off of the cream puffs & remove excess filament

\_\_\_\_\_ Fill cream puffs with vanilla pudding & add tops

\_\_\_\_\_ Dust with powdered sugar & plate

\_\_\_\_\_ Drizzle with sauce for individuals who wish to have it

### **Clean Up Jobs**

<b>Day 1</b>	<b>Jobs</b>	<b>Day 2</b>
	Wash dishes & empty sink drains	
	Rinse & dry dishes and sink/faucet area	
	Put dishes away & place recipe in basket	
	Wipe off all counters, stove & table surfaces	
	Sweep the floor & place dirty linens in laundry basket	

**Pre-Lab Questions:** Use the recipe and class notes to help you answer the following prompts.

1. Identify the cooking methods used in the preparation of this pastry. Provide evidence from the recipe to support your response.
2. How do you know when to add the flour to the water and butter mixture?
3. How long do you stir the flour, water and butter mixture? What should it resemble?
4. Why do you need to allow the dough to cool before adding in your eggs?
5. Suppose you didn't have a silicone mat for your baking sheet, what could you do instead?
6. How far apart do your cream puffs need to be on the baking sheet? Why?
7. How will you know when the cream puffs are done baking?
8. Why do you need to cut a slit in the cream puff?
9. What is the best way to store cream puff shells? Why?
10. In order to fill your cream puffs, what must you do to the shells?

