

The [History](#) & [Science](#) of Cream Puffs

Use the provided links/resources in the stream on Google Classroom to help you complete the following questions.

1. What is a cream puff? Describe this dessert.
2. Why is it difficult to trace the history of cream puffs?
3. What countries are associated with the origins of cream puffs?
4. What is choux pastry?
5. When is National Cream Puff day?
6. Identify the two cooking methods used in the preparation of cream puffs.
7. What is the function of the following ingredients in a cream puff?

Ingredient	Function	Ingredient	Function
FLOUR		GLUTEN	
STARCH		FAT	
WATER		EGGS	

8. Water must come to a boil when making cream puffs. Why?

9. Most cream puff recipes recommend you let the cream puff dough cool for several minutes before adding the eggs. Why? What do you think would happen to the eggs if you added them immediately to the hot dough?

10. What tool(s) can be used to mix in the eggs?

11. Describe what the dough should look like after you mix in the eggs?

12. What is the purpose of making a slit in the cream puff?

13. What can cause cream puffs to collapse?

14. Find out how the word "CHOUX" is pronounced and write a school appropriate word that rhymes with it.