Perfect Cream Puffs

"I made the cream puffs the other day and my family absolutely loved them!...They couldn't believe I made them from scratch so thanks for that!"
(Cecilia H.)

😊
What you need…

**Choux pastry**
- Milk 200 g (7.1 oz.)
- Butter 100 g (3.5 oz.)
- Salt ½ teaspoon
- Sugar 1 teaspoon
- Flour 130 g (4.6 oz.)
- Egg 220 - 240 g (7.8 - 8.5 oz.)

**Pastry cream**
- Milk 400 g (14.1 oz.)
- Butter 25 g (0.9 oz.)
- Egg yolk 80 g (2.8 oz.)
- Sugar 80 g (2.8 oz.)
- Vanilla sugar 1 teaspoon
- Flour 35 g (1.2 oz.)

**Whipped cream**
- Heavy cream 250 g (8.8 oz.)
- Sugar 15 g (0.5 oz.)

*Vanilla sugar* is flavored sugar. If you can’t find it, use a few drops of vanilla essence instead.

The *flour* in my recipes is always all purpose flour unless mentioned otherwise.

The recipe is for making 15-16 cream puff swans.

Read more tips and view the **VIDEO** here:

https://chefkeiko.com/make-cream-puffs/
Choux pastry

Sift the flour.

Put the milk, butter, salt, and sugar on heat.

Take away from the heat when the milk starts boiling. Add the flour (all at once).
Put back on heat and keep stirring with a wooden spoon until a ball forms. You will also notice a white coating on the bottom of the saucepan.

Transfer the batter to a bowl.

Beat the egg for a short moment.
Add the egg little by little.

Mix very well after each addition.

The consistency is correct when the batter forms a triangle when dropping from the spoon.

**Tip:** If the consistency of the batter is not smooth enough yet, you can add more egg until it looks like the batter in the picture.

If the batter is lumpy then you may have ignored one of these points:

- Add the flour **all at once**.
- Eggs have **room temperature**.
- Add the egg little by little and stir until the liquidity of the egg is absorbed before adding more.
For the normal cream puffs, pipe out 4-5 cm (2 inches) mounds on the baking sheet (with baking paper).

Spray with water (this makes the puff shells grow larger during baking).

Bake for **20 minutes** in your pre-heated oven at 200°C (392°F).

Then lower the heat to 180°C (356°F) and continue baking for another **25 minutes**.
For the cream puff swans, make the mounds pointed at one end instead of just round.

Scrape the mounds with a fork (dip the fork in water before each stroke).

Spray with water. Then bake for **20 minutes** in your pre-heated oven at 200°C (392°F).

Lower the heat to 180°C (356°F) and continue baking for another **25 minutes**.
Use a 4-6 mm (0.2 inches) tip to pipe out the necks for the swans.

In a second step, pipe out the heads. You can see how I do it in the video.

Bake for 10-15 minutes in your pre-heated oven at 180°C (356°F).
**Pastry cream**

Put the milk with the butter on heat.

Mix the egg yolk, sugar, and vanilla sugar very well.

Add the flour.
When the milk and butter starts boiling, mix it with the egg yolk.

Pour everything back into the saucepan and put on heat again.

Keep stirring all the time until the pastry cream thickens.
Spread the pastry cream on a flat pan and let it cool down.

Whip the heavy cream with the sugar to soft peak stage and put it in the fridge.

Cut off the top third of each cream puff shell.
For the swans, cut the top parts into halves.

Fill the shells with pastry cream.

Whip the heavy cream again with a wire whisk to a uniform consistency.
Pipe out the whipped heavy cream onto the cream puffs in little bursts. Use a star tip to get that nice pattern.

Gently push the neck and the wings into the whipped cream.

Finally, powder with icing sugar.
I hope you enjoy the cream puff swans (or the normal cream puffs).

Make some for your family and let them try... 😊

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Keikos-cake.com