



# Choux Pastry - Eclairs / Profiteroles

## INGREDIENTS

- 80 ml water
- 80 ml milk
- 80g unsalted butter
- 7g sugar
- 100g flour
- 3 eggs



Serves: 2-3



Prep Time: 10 min



Cooking Time: 1 hr

## METHOD

1. Preheat the oven to 180 degrees.
2. Bring unsalted butter, milk, sugar and water just before the boil.
3. Remove from the heat and add the flour. Keep mixing until the dough is smooth and comes away from the edges.
4. Return back to the heat until it is dry, form's a ball and pulls away from the sides of the pan (the film on the bottom of the pan should be a deep golden brown).
5. Remove from the heat and transfer to a prep bowl. Mix with a wooden spoon until warm, not hot anymore to touch.
6. Slowly add eggs one at a time, mix until incorporated and repeat until all eggs are added. The dough should be thick and shiny. It should drop off the spoon when shaken.
7. Fill a piping bag and pipe the dough onto baking trays. Bake at 180 degrees for 30-45 minutes, or until deep golden brown.
8. Switch off the oven when ready and let cool down in the oven until room temp. Be careful not to open the oven during the cooking process.



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