

Although he certainly did not create it, it was Antonin Carême who made the modern choux pastry recipe popular. He also set the fashion for filling choux buns with either crème pâtissière or Chantilly cream.

Choux buns
filled with Chantilly cream

Preparation time:
30 minutes
Cooking time:
25 to 30 minutes

INGREDIENTS
FOR 8 TO 10 CHOUX BUNS

14oz (400g) choux pastry dough (see page 230)
Powdered (icing) sugar, for dusting

Chantilly cream

2¼ cups (19fl oz/550ml) whipping cream (35% fat), chilled
5¾ tbsp (1¾oz/50g) powdered (icing) sugar
Dash of natural vanilla flavoring

Shape the buns

Preheat the oven to 375°F (190°C/Gas mark 5). Spoon the choux pastry dough into a piping bag fitted with a ½-inch (12-mm) plain tip. Line a baking sheet with parchment paper and pipe choux buns, 1½ inches (3.5cm) in diameter, spacing them about 1¼ inches (3cm) apart. Dust the choux buns with powdered sugar and bake for 25 to 30 minutes.

Make the Chantilly cream

Whip the chilled cream with the sugar and vanilla flavoring. Once the choux buns are baked and cooled, cut off their tops, two-thirds from their base, using a serrated knife.

Spoon the cream into a piping bag fitted with a large fluted tip. Pipe swirls of cream over the base of each bun and sit the lids on top. Dust with powdered sugar.

Choux pastry

Preparation time: 30 minutes
Cooking time: 30 minutes

INGREDIENTS
TO MAKE 20 CHOUX BUNS
2 INCHES (5CM) IN DIAMETER

½ cup (4½fl oz/125ml) whole milk
½ cup (4½fl oz/125ml) water
½ cup plus 1 tbsp (3½oz/100g) butter
1¼ tsp (5g) salt
1¼ tsp (5g) sugar
1 cup plus 2 tbsp (5½oz/150g) all-purpose (plain) flour
9oz (250g) eggs, beaten

Preheat the oven to 400°F (200°C/Gas mark 6).

Bring the milk, water, butter, salt, and sugar to the boil in a saucepan. Remove the pan from the heat and add the flour all in one go, mixing it in with a spatula. Put the pan back over a medium heat and dry out the dough for about 10 seconds.

Scrape the dough into a mixing bowl (to stop the cooking). Using a spatula, gradually beat in the eggs in three batches, checking the consistency as you go. If you trace a groove in the dough, it should close up slowly. From here, either continue with the recipe below or refer back to your chosen recipe for instructions in shaping the choux batter.

Line a baking sheet with baking parchment. Spoon the dough into a piping bag fitted with a plain ½-inch (12-mm) tip and pipe mounds onto the sheet, spacing them well apart. Bake for 30 minutes. Do not open the oven door while the choux buns are baking, as you risk them collapsing. At the end of the cooking time, prop the door open with a wooden spoon and leave for 3 to 4 minutes to dry out the choux buns before removing them from the oven.

ARNAUD DELMONTEL

PARIS PÂTISSERIE

70 RECIPES AT THE HEART OF PARISIAN HISTORY



RIZZOLI UNIVERSE

ARNAUD DELMONTEL

PARIS PÂTISSERIE