

Cream Puffs / Profiteroles

Ingredients

- ½ C Water (melted)
- 40g Unsalted Butter (diced)
- ½ C S.R. Flour (sifted)
- 2 Eggs (lightly beaten)



Method

1. Preheat oven to 220°C
2. Combine water and butter in a medium saucepan and stir over a medium heat until butter melts and mixture just comes to the boil.
3. Remove from the heat and add flour, stirring it all in at once.
4. Using a wooden spoon, stir mixture over heat until it becomes smooth and forms a ball.
5. When the mixture is lukewarm, beat in the beaten eggs gradually until the mixture becomes glossy and stiff.
6. Line an oven tray with baking paper and spoon small balls of pastry onto the tray - leave a space of about 4cm between each spoonful as the pastry will expand.
7. Dip hand into cold water and sprinkle water onto uncooked puffs.
8. Bake the oven for 10 minutes then reduce the heat to 180°C and cook a further 20 minutes
9. Turn oven off and allow puffs to cool in the oven.
10. When cold, fill with cream, thick custard or crème patisserie and dust with icing sugar.

N.B. For a more scrumptious alternative, melt chocolate and drizzle over the puffs in place of the icing sugar.

