

Choux Pastry

Ingredients:

75g Plain Flour
50g Block Butter
150ml Water: School to Provide
2 Eggs, Well Beaten
Pinch Salt: School to Provide

Please bring a container to take your product home in. If making profiteroles you will also need a liquid tight container for the chocolate sauce.

Method:

1. Pre-heat the oven to Gas Mark 6 or 200°C.
2. Weigh and measure out all ingredients accurately.
3. Sift the flour and salt together into a large plastic bowl.
4. Place water and butter in a small saucepan, place on the front of the hob and heat gently until melted, bring to the boil. **The mixture MUST boil, otherwise the choux pastry will not form correctly.**
5. Remove the saucepan from the heat and place on a pan-stand. Quickly add the flour, using a white plastic stirring spoon, beat well until the mixture leaves the side of the pan.
6. Cool slightly.
7. Crack each egg into a small bowl and beat with a fork. Add the eggs slowly, beating after each addition. **You may not need to use all the egg.** Leave the choux pastry to cool.
8. Line a baking tray with greaseproof paper and spoon or pipe pastry into the desired shape. Leave space for the pastry to expand.
9. Bake for 10 minutes at Gas Mark 6 or 200°C. Then reduce the temperature to Gas Mark 5 or 180°C and bake for a further 20 minutes or until crisp, golden and puffed.
10. Turn the oven off.
11. Slit sides / bottoms of pastry shapes using a vegetable peeler to allow steam to escape and return to the turned off oven to dry out for approximately 5 minutes. The pastry can dry out longer depending on when your lesson is.
12. Allow to cool and store in an air tight container.



Profiteroles

Ingredients:

150ml Double Cream (Small Pot)

Ingredients for Chocolate Sauce:

50g Caster Sugar

50g Soft Brown Sugar

50g Cocoa Powder

1 Teaspoon Vanilla Essence: School to Provide

1 Heaped Teaspoon Cornflour: School to Provide

150ml Milk

25g Plain Chocolate

15g Block Butter



Method:

1. Place caster sugar and soft brown sugar, cocoa and vanilla essence in a small saucepan and place this at the front of the hob, do not turn the hob on.
2. In a small bowl blend the cornflour with a little milk until smooth and stir into the saucepan with the remaining milk.
3. Turn the hob onto a low heat and gently heat to dissolve the sugar. As soon as the sugar has dissolved, add in the plain chocolate and butter and then increase the heat and boil briskly until well blended and glossy. Make sure you continually stir the sauce.
4. Place double cream in a glass bowl and use an electric whisk to whisk until thick. **DO NOT** over whisk. Pipe or spoon the cream into the choux pastry cases.
5. Pour chocolate sauce into a separate container and pour over the profiteroles when you are ready to eat them.

Éclairs

Ingredients:

- 100-200g Plain Chocolate
- 150ml Double Cream (Small Pot)

Method:

1. Fill a small saucepan a third full with water and place at the front of the hob.
2. Place a glass bowl over the top of the saucepan (Bain-Marie).
3. Add the chocolate to the glass bowl.
4. Turn on heat to melt the chocolate. As soon as you see steam, turn off the heat and move the saucepan to the back of the hob so the heat in the saucepan can melt the chocolate. **DO NOT** stir.
5. Place double cream in a glass bowl and use an electric whisk to whisk until thick. **DO NOT** over whisk. Pipe or spoon the cream into the choux pastry cases.
6. Spread the melted chocolate over the éclairs.

