

Choux pastry

Cuisine: **Czech**Food category: **Desserts**Author: **Vlastimil Jaša**Company: **Retigo**

Program steps

Preheating: 180 °C

1 Hot air 10 % Termination by time 00:25 hh:mm 160 °C 60 %

Ingredients - number of portions - 10

Name	Value	Unit
water	120	g
milk 3.5%	135	g
butter soft	100	g
caster sugar	13	g
plain wheat flour	205	g
chicken eggs	275	g
salt	3	g

Name	Value	Unit
powdered sugar	200	g
lime juice	40	g
5 tbsp vegetable oil	2	g

Name	Value	Unit
milk 3.5%	500	g
egg yolk	80	g
caster sugar	125	g
vanilla pudding	50	g
butter soft	50	g
vanilla bean	1	pcs

Name	Value	Unit
butter soft	125	g
rum	30	g

Nutrition and allergens

Directions

For choux pastry:

In a pot, combine water, milk, butter, salt, and sugar, bring to a boil, and add flour. With constant stirring, evaporate for about 1–2 minutes. In a mixer with a paddle, mix until cool. Incorporate the eggs. Optionally, adjust the mixture with a bit of water.

Using a piping bag with a large star nozzle, pipe onto a baking sheet lined with silicone mats choux with a diameter of 7 cm. Place in a preheated chamber on the specified program.

After baking, remove from the oven and let cool.

Egg yolk pastry cream:

Mix 100 ml of milk with the pudding powder and yolks until smooth. Bring the remaining milk, butter, sugar, and vanilla to a boil. Pour in the mixed ingredients and cook gently for 2–3 minutes. Let cool covered with film.

Egg yolk-butter cream:

Beat the pastry cream until smooth with rum and incorporate softened butter. Fill a piping bag with a star nozzle with the cream.

Icing:

In one bowl, place sugar, lemon juice, and oil. Mix by hand until smooth into a thick icing. The icing must drip slowly from the spoon and can be well stirred.

Finishing:

Cool choux are sliced lengthwise, filled with cream. The tops are dipped in the icing, allowed to drain, and placed on the prepared filling.

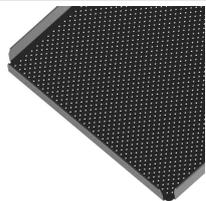
Allergens: 1, 3, 7, 8

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	551.2 kJ
Carbohydrate	56.7 g
Fat	31.5 g
Protein	9.1 g
Water	0 g

Recommended accessories



Perforated aluminium sheet, teflon coated