The Perfect Cream Puff
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"Thanks for your clear instruction in the e-book. My in-law family members were so impressed too. I still can't believe I made it!"

"Of all the recipes I searched on the internet, this is by far the best Cream Puff recipe! Made it just the other day and it came out beautifully!"

“One of the things that I love about Keiko's video's are the demos that she does. That to me is priceless. Following a recipe is one thing, actually having someone show you what to do step by step is invaluable, when learning about any dessert.”
What you need...

Milk    200 g (7 oz.)
Butter  80 g (2.8 oz.)
Flour   140 g (4.9 oz.)
Eggs    200 g (7 oz.) 4-5 eggs
Sugar   2 tea spoons
Salt    ½ tea spoon
First, we prepare the eggs. They should be at room temperature because otherwise, it will be difficult to get a really smooth batter when you add the egg to the dough, later.

Mix eggs well.
Next, cut the butter into small pieces and put it together with the sugar and the salt into the pot with milk.

Bring the mixture to a boil. The liquid must be boiling rapidly so that the fat is dispersed in the liquid and not just floating on top.

While the milk is heated and the butter melts, sieve the flour once.
When the milk starts to boil and the butter is fully melted, add the sieved flour and stir rapidly.

It is important to add all the flour at once. Flour soaks up the liquid quickly and the dough gets lumpy when you try to add more flour later.

Keep mixing until the bottom of the pot is covered with a white coating. The paste forms a ball and should easily pull away from the sides of the pan.

Watch the video to see how to do it the right way:

Put the hot dough into a bowl and add the eggs a little at a time. Keep beating until the liquid of the egg is completely soaked up by the dough before adding more egg.
The paste is ready when you have a smooth batter.

Tip: If the consistency of the batter is not smooth enough, yet, you can add more egg until it looks like the batter in the picture.

Congratulations…
We are halfway through ;-)

If the batter is clumpy then you may have ignored one of these points:
* Add all the flour at once.
* Eggs must have room temperature.
* Add egg little by little and stir until the liquidity of the egg is absorbed before adding more
Fill the paste into an pastry bag and pipe out round mounds of dough with 4 cm (1 ½ inch) in diameter onto the baking paper. If you have no pastry bag, you can drop the dough from a spoon, instead.

Preheat the oven to 200 °C (390 °F). Bake for 30 minutes.

When the puff shells turn brown, lower the heat to 170 °C (340 °F) and continue baking for another 20 Minutes.

NEVER open the oven during baking. If you open the oven, the puff shells will fall down and you can start over again. 😊
This is what a perfect puff shell looks like. It’s brown and crunchy on the outside. Soft and hollow on the inside.

But for the perfect cream puff, we need… Cream!

Let’s make the pastry cream…
For the cream you need:

Milk  500 g (17.5 oz.)
Butter  30 g (1 oz.)
Sugar  100 g (3.5 oz.)
Egg yolk 100 g (3.5 oz.)
Flour  40 g (1.4 oz.)
Vanilla essence
Mix the egg yolk and ¾ of the sugar in a pan until perfectly smooth.

Add the flour and mix again.
Add ¼ of the sugar together with the butter to the milk and bring it to a boil. Pour half of the hot milk into the bowl with the egg / sugar. Stir and then return the mixture back into the pot. Keep heating and stirring until the mixture comes to a boil and thickens. Remove from heat. You’re finished when you spot big bubbles of air in the custard cream 😊. Finally, add vanilla essence.
Pour the hot pastry cream onto a baking pan or another shallow pan, so it cools down quickly.

Before using the pastry cream as filling, whip until it is smooth again.

It’s thick and shiny…

…and really delicious 😊
Cut the top 1/3 of each puff shell and fill it with pastry cream. On top of that, add some whipped heavy cream.
Put the top of the puff shell back and powder with icing sugar.

And then…
Mmmhh... Yummy!!!

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