

Cream Puffs

(忌廉泡芙)

Ingredients:

plain flour	75g	egg	2
butter	50g	whipped cream	175 ml
water	125ml	icing sugar (optional)	2 tsp
salt	1/8 tsp		

Method:

1. Preheat the oven to 220°C, Gas mark 7. Grease a baking sheet.
2. Sieve flour.
3. Place butter, salt and water together in a small saucepan and bring to the boil over low heat.
4. Add all the flour in. Beat thoroughly with a wooden spoon until the mixture begins to form a thick, smooth paste.
5. Allow to cool. Beat in eggs singly, beating well between each addition.
6. Place spoonfuls of choux paste (about 15 portions) onto greased baking sheet.
7. Bake at 220°C for 12 minutes, lower the oven temperature to 180°C (Gas mark 4) and bake for a further 8 minutes.

Cool them on a wire rack. Half the puffs and fill with whipped cream. Dust the top with icing sugar when necessary.