

Cream Puffs

Yield: 12 min
Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/choux-pastry-recipe-south-africa>

Ingredients:

- 3 cups whole milk Divided
- 1/4 cup cornstarch
- 1 tablespoon unbleached all purpose flour
- 4 egg yolks
- 3/4 cup sugar
- 1/4 teaspoon fine sea salt Kosher Or
- 1/2 vanilla bean
- 4 tablespoons unsalted butter Room Temperature
- 1 cup water
- 1/2 cup unsalted butter
- 1/4 teaspoon fine sea salt Kosher Or
- 1 cup unbleached all purpose flour
- 4 eggs Or As Needed
- 3/4 cup heavy whipping cream
- 2 tablespoons granulated sugar

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 195 milligrams
4. Fat: 22 grams
5. Protein: 6 grams
6. SaturatedFat: 13 grams
7. Sodium: 160 milligrams
8. Sugar: 18 grams

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