

## CHOUX PASTRY DOUGH RECIPE

### The Recipe

<https://www.cuisinedaubery.com/recipe/choux-dough-recipe/>

The Choux pastry, or 'pâte à choux', is a dough used in a lot of French pastries

Preparation Time: 15 Minutes

Cooking Time: 30 Minutes

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Base, Sweet Base, Choux Dough,

### Ingredients

#### **For 810 g (1 3/4lbs ) (weigh of prebaked dough)**

1/2 Cup Milk (110 grams)

1/2 Cup Water (100 grams)

1 teaspoon Sugar (8 grams)

1/2 teaspoon Salt (1 gram)

1/2 Cup Butter (125 grams)

1 1/2 Cup Flour (220 grams)

2/3 Cup Eggs (250 grams)

#### **For 1.29 kg (2 lbs 14 oz ) (weigh of prebaked dough)**

3/4 Cup Milk (176 grams)

2/3 Cup Water (160 grams)

2 teaspoons Sugar (12.8 grams)

1/2 teaspoon Salt (1.6 grams)

1 Cup Butter (200 grams)

2 1/2 Cups Flour (352 grams)

1 Cup Eggs (400 grams)

#### **For 648 g (1 lbs 7 oz ) (weigh of prebaked dough)**

1/2 Cup Milk (88 grams)

1/3 Cup Water (80 grams)

1 teaspoon Sugar (6.4 grams)

1/2 teaspoon Salt (0.8 gram)

1/2 Cup Butter (100 grams)

1 1/4 Cup Flour (176 grams)

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1/2 Cup Eggs (200 grams)

**For 486 g (1 lbs 1 oz ) (weigh of prebaked dough)**

1/3 Cup Milk (66 grams)

1/4 Cup Water (60 grams)

1 teaspoon Sugar (4.8 grams)

1/2 teaspoon Salt (0.6 gram)

1/3 Cup Butter (75 grams)

1 Cup Flour (132 grams)

1/3 Cup Eggs (150 grams)

**For 324 g ( 3/4lbs ) (weigh of prebaked dough)**

3 Tablespoons Milk (44 grams)

3 Tablespoons Water (40 grams)

1/2 teaspoon Sugar (3.2 grams)

1/2 teaspoon Salt (0.4 gram)

4 Tablespoons Butter (50 grams)

1/2 Cup Flour (88 grams)

1/4 Cup Eggs (100 grams)

### Steps

1. In a saucepan, pour in the Milk (1/2 Cup or 110 g), the Water (1/2 Cup or 100 g), the Salt (1/2 teaspoon or 1 g), the Sugar (1 teaspoon or 8 g) and the Butter (1/2 Cup or 125 g), over medium heat
2. After the Butter has melted, once the liquid starts boiling, remove from heat
3. Off the heat, add in the Flour
4. For better results, sift the Flour
5. Stir with a spatula, off the heat, until the flour absorbs the liquid and the mixture "forms a ball"
6. Remove from the heat and mix with a spatula, until the Flour has absorbed all the liquid
7. Transfer to a mixing bowl immediately and stir to let the dough cool down
8. Beat the Eggs (2/3 Cup or 250 g) in a mixing bowl
9. Add in the Eggs (one by one) while mixing the dough. You may mix by hand, or using a stand mixer ('kitchen aid'), with the paddle also called the 'leaf'
10. Make sure to pour the the Eggs one at a time
11. Mixing will take time, until your reach a dough with a smooth texture
12. For most recipes using the Choux Pastry Dough, you need a Pastry Bag
13. Transfer the dough into the Pastry Bag
14. Push the dough inside the Pastry Bag to remove air pockets
15. Twist to close

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### Paper or mat ?

In general, you may use parchment paper or a silicon mat, however I often noticed that parchment paper provides better results (the silicon mat isolates the heat and the choux dough will not rise as much)

Another type of mat is the SILFORM mat : A silicon mat with tiny "holes" that makes it easier to bake perfect eclairs (shop for the brand Demarle). Those tiny holes allow for a better heat distribution for better puffs. I bought mine in Paris at:

La Bovida  
36 Rue Montmartre  
75001 Paris  
France

### What Pastry Bag tip to use?

For the pastry tip, you may choose a "plain tip" or a "star tip"

### What baking tray to use?

If you can, use those baking trays with tiny holes which will allow the air to circulate easily while baking and will make the dough rise faster

### Piping the dough

Pipe the dough as desired:

- For "Choux" dessert, pipe small balls
- For "Eclairs", pipe straight lines
- For "Paris-Brest" desserts, pipe circles

### The tip

16. To erase that "pointing tip" at the end of a choux or an eclair, just dip a finger in a glass of water and reshape slightly

### The baking temperature

The baking temperature is the most difficult part when baking pastry dough

- Not hot enough and the dough will not rise... Puffs will not get puffed up
- Too hot and the dough will "burst" while baking

### Baking for how long?

Bake at 320 F / 160 C or at 360 F / 180 C. The baking time depends on the shape and quantity of dough to be baked. Choux must rise while baking and then get a golden/brown color

With some ovens, it is recommended to open slightly the oven door while baking to let the humidity escape

### After baking

17. After baking, remove the baked choux from the baking pan (they would continue to bake as the pan is still hot)