

Cream Puffs with Chantilly Cream Dunes Blanches Style

Ingrédients

- 65g of water
- 85g of whole milk
- 2g of salt
- 2g of sugar
- 60g of butter
- 80g of flour
- 125g of whole egg
- 225g of heavy cream
- 25g of powdered sugar

Préparation

1. Among the simplest yet delicious desserts are the classic cream puffs with whipped cream.
2. Generally, they are choux pastries cut in half and glazed with crunchy caramel.
3. This is not the case for dunes blanches, which are essentially chouquettes (with pearl sugar) filled with whipped cream and sprinkled with a bit of powdered sugar, in short, the perfect treat to end a meal with a good coffee
Equipment: Perforated tray Piping bags 8mm Nozzle Preparation time: 40 minutes + 25 minutes of baking
For 15 to 20 puffs: The choux pastry: of water of whole milk of salt of sugar of butter of flour of whole egg QS of pearl sugar Bring the milk, water, butter, sugar, and salt to a boil.
4. Add the flour all at once and mix well off the heat.
5. When the flour is incorporated, put the dough back on the heat and dry it by stirring constantly for a few minutes.
6. Then, transfer it to the bowl of the mixer fitted with the paddle attachment and mix at low speed for a few minutes to let the steam escape from the dough (you can also do this by hand with a spatula).
7. Gradually add the eggs, mixing well between each addition.
8. At the end, the dough should be smooth and glossy.
9. Pour it into a piping bag fitted with a plain round tip and pipe choux on a baking sheet lined with parchment paper.
10. Cover with pearl sugar, then bake at 180°C for 25 minutes.
11. Let the puffs cool on a rack.
12. The whipped cream: of heavy cream of powdered sugar Vanilla extract or vanilla bean The above quantities are indicative, for puffs of 5-6cm in diameter after baking count about of whipped cream per puff, so depending on the size of your puffs and their number, adjust the amount of whipped cream needed Whip the cream at low speed.
13. When it begins to thicken, add the powdered sugar and vanilla, and whip again to the desired texture.
14. Pour the whipped cream into a piping bag with a small-diameter plain tip.
15. Fill the puffs from underneath, sprinkle with powdered sugar, and enjoy!