

Culinary Challenge 4

Lake Region High School

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Cream Puffs

4 eggs

1 cup water

$\frac{1}{2}$ cup butter

$\frac{1}{8}$ teaspoon salt

1 cup all-purpose flour

1 cup heavy whipping cream

$\frac{3}{4}$ cup powdered sugar

1. Preheat oven to 400°F.
2. In a medium saucepan, combine butter, water, and salt. Bring to a boil. Add flour all at once, stirring vigorously.
3. Cook and stir until mixture forms a ball that doesn't separate. Remove from heat.
4. Add eggs, one at a time, beating with a wooden spoon after each addition, until smooth.
5. Drop batter by heaping tablespoons, 3 inches apart onto a greased baking sheet.
6. Bake 30 - 35 minutes or until golden brown.
7. Remove from oven. Cool. Split puffs and remove any soft dough from the inside.
8. Prepare the whipped cream by beating the whipping cream vigorously with a wire whip. Add $\frac{1}{4}$ cup sifted powdered sugar. Beat it in.
9. Fill puffs with the whipping cream or ice cream, sherbet, fruit, pudding, etc.
10. Replace the tops and sprinkle with powdered sugar.