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Name: Veronique Shaftel

Recipe Name: Maple Syrup Cream Puffs

Recipe Ingredients:

- 1 cup water
- ½ cup unsalted butter cut into 8 pieces
- ¼ teaspoon salt
- 1 cup all-purpose flour
- 4 large eggs room temperature
- 1 cup whole milk
- 1 cup heavy cream
- 1/3 cup+3 tablespoons granulated sugar divided
- 1 vanilla bean
- ¼ teaspoons salt

Recipe Instructions:

1. Pastry Cream

- a. Combine Cream, Milk, 1/3 cup sugar, vanilla bean, salt in a medium-sized heavy bottomed saucepan.
- b. Place on stove top over medium heat. Stir frequently until sugar is dissolved and mixture comes to a simmer. Remove from heat and allow to cool for 10 minutes (stir occasionally)
- c. In a separate large bowl whisk eggs yolks and 3 tablespoons of sugar
- d. Whisk vigorously for about 15 seconds, until sugar is beginning to dissolve
- e. Sprinkle cornstarch of egg/sugar mixture and whisk until combined and slightly thickened

- f. Once cream mixture has cooled, slowly drizzle 1/3 cup of the cream mixture into the egg mixture while whisking constantly
- g. Slowly, while still whisking, drizzle in the remainder of your cream mixture until the cream and egg mixture are completely combined
- h. Pour mixture back into saucepan and return to stovetop over medium heat, whisk frequently until thickened
- i. Remove from heat and pour mixture through a fine mesh strainer into a heatproof bowl
- j. Whisk in butter, one piece at a time until completely combined.
 - i. If you didn't use a vanilla bean, stir in the vanilla extract and maple syrup at this point
- k. Place plastic wrap directly in contact with the surface of the pastry cream to keep a skin from forming
- l. Allow to cool at room temperature for about 30 minutes or until near room temperature, then transfer to the refrigerator to chill for at least 2-4 hours.

2. Choux Pastry

- a. Preheat oven to 400F and line a large baking sheet or two small baking sheets with parchment paper
- b. Combine water, butter, and salt in a medium-sized heavy-bottomed saucepan over medium heat and bring to a rolling boil
- c. Once mixture is boiling, add flour and turn down heat to medium/low
- d. Stir continuously with a spatula until moisture is absorbed and mixture forms a ball that pulls away from the sides of the pot
- e. Remove from heat and stir for several minutes to cool down the mixture

- f. Add eggs, one at a time, stirring very well after each addition until mixture is smooth and velvety
- g. Transfer mixture to a piping bag and pipe onto prepared baking sheet by mounds about 2" wide by 1" tall, spacing each mound at least 1 ½ inches apart
- h. Lightly dampen fingers with cold water and gently press down any peaks on the pastry mounds
- i. Transfer to oven and bake for 30 minutes or until cream puffs appear dry and light golden brown
- j. Remove from oven and use a sharp knife to pierce the lower center of each cream puff, inserting knife about half way into cream puff
- k. Replace each puff on baking sheet and return to oven
- l. Turn off oven and let pastry sit in the oven with the oven door cracked for another 10 minutes
- m. Once 10 minutes has passed, remove from oven and allow to cool completely on baking sheet
- n. Allow to cool completely before piping with pastry cream
- o. To fill with cream, place pastry cream in a piping bag fitted with a small tip
- p. Insert piping tip into each cream puff and fill until pastry cream is beginning to come out the hole
- q. Warm maple butter in the microwave for 30-45 seconds, using a spoon, drizzle the maple butter over the cream puffs