

Friday, Jan 27th

Last update 02:18:42 PM GMT

Tool

Search

Dine & Cook

.com

HOME

NEWS

FOOD & DRINK

BOOKS

OPINION

DINING | COOKING | LIBATIONS

YOU ARE HERE: [FOOD & DRINK](#) > [COOKING](#) > THE "RETRO" TASTE OF THE CREAM PUFF

The "retro" taste of the cream puff

THURSDAY, 04 NOVEMBER 2010 07:52 DINE & COOK STAFF REPORT

The folks at Truwhip are trying to bring the cream puff back. "Take your taste buds back to the days of your youth," the company says about their new recipe.

They call it a "retro" taste, we just call it good eats.

Chocolate Peppermint Cream Puffs

Serves 6

- 3/4 cup hot water
- pinch of salt
- 1 tablespoon butter
- 3/4 cup bleached cake flour
- 3 large eggs
- 10 ounces whipped cream
- 1 teaspoon peppermint extract
- 8 oz. semisweet chocolate pieces
- 1/2 cup milk



Method

Preheat oven to 350 degrees F. Place water, salt and butter in a small saucepan and bring to a boil. Remove from heat and quickly add the flour. Mix immediately with a wooden spoon, set pan over medium heat and continue stirring until mixture forms a thick consistency and is no longer moist. Put mixture into a food processor and cool it down with a few turns. (The dough may break up but it will come together when the eggs are added in the next step.) Beat the eggs with a fork until you see air bubbles. Set aside a tablespoon of egg for an eggwash. Slowly add the beaten eggs to the food processor, processing every 5 seconds until the eggs are thoroughly mixed into the dough and texture is smooth and very fluffy. Grease a cookie sheet or use a silpat liner. Place rounded mounds of dough (about 2 tablespoons each) 2 inches apart on the sheet. Brush eggwash on the tops. Bake in the preheated oven for 40 minutes until the dough is cooked and forms a browned puff. Let cool. Carefully make a slice in the top of each puff; the slice should extend halfway through the center of the puff. Scoop out excess dough. Put 3 cups of whipped cream into a bowl. Add 1 tablespoon of peppermint extract and mix thoroughly. Spoon whipped cream into emptied puff shells. Refrigerate before serving. Just before serving, melt chocolate and milk in a microwave-safe bowl for 30 seconds. Mix with a whisk until it reaches sauce consistency, adding a few drops more milk, if necessary. Drizzle over chilled, filled cream puffs before serving.

Source: Truwhip