

Recipe

SALTED CARAMEL CRAQUELIN CREAM PUFFS



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s w e e t & s a l t y , c r e a m y & c r u n c h y

Recipe: **CAROLE POIROT**

INGREDIENTS

FOR THE CRAQUELIN

100 g unsalted butter at room temperature
120 g light brown sugar

FOR THE CHOUX BUNS

250 ml water
95 g salted butter
140 g plain flour
4 large eggs

FOR THE SALTED CARAMEL CREAM

200 g sugar
250 g butter
2x250 ml double heavy cream
¼ tsp fleur de sal



SERVING

makes around
20



CATEGORY

Dessert



ISSUE

sisterMAG50

HOW IT'S DONE: THE CRAQUELIN

- STEP 1** Put the sugar and butter into a bowl and mix until combined.
- STEP 2** Add the flour and work into the mix until you have a smooth dough.
- STEP 3** Flatten the dough slightly and place between two large sheets of parchment paper.
- STEP 4** Roll the dough between the sheets to a thickness of about 2mm.
- STEP 5** Now place the dough (with the sheets) into your freezer at least one hour.

HOW IT'S DONE: THE CHOUX

- STEP 1** Preheat your oven to 190C (fan assisted).
- STEP 2** Cover a baking sheet with parchment paper and draw 5.5-6cm circles onto the paper. Then turn the parchment paper over so the dough won't touch the pencil marks. These are the templates for the size of your choux buns.
- STEP 3** Fit your piping bag with a plain, large nozzle.
- STEP 4** Put the water and butter into a medium saucepan and bring to a boil over a medium heat.
- STEP 5** As soon as it boils, take the saucepan off the heat and tip all the flour into it in one go.

- STEP 6** Use a wooden spoon to quickly mix the flour into the water.
- STEP 7** Return to the heat and keep mixing until the dough comes off the sides of the saucepan and forms something of a ball.
- STEP 8** Take the saucepan off the heat and leave to cool for 2 minutes.
- STEP 9** Now add the eggs one by one working them into the dough with the wooden spoon between each addition.
- STEP 10** Keep stirring the dough until smooth.
- STEP 11** Now put the dough into your piping bag and pipe the dough onto the prepared baking sheet using the circles you've drawn as guidelines for size.
- STEP 12** Take the craquelin out of the freezer and leave to rest for 2 minutes.
- STEP 13** Using the same cutter you've used for drawing the circular templates, cut out craquelin "biscuits", place one on top of each choux bun and press down lightly.
- STEP 14** Put the baking sheet into the oven and bake for 25 minutes.
- STEP 15** Once done, remove from the oven and immediately pierce a small hole into the side of each bun to release any moisture.

HOW IT'S DONE: THE CARAMEL

- STEP 1** Put the sugar and water into a medium saucepan on a medium to high heat.
- STEP 2** Heat the sugar without stirring until it starts to melt.
- STEP 3** Once melted, swirl it a little until it reaches a medium brown colour.
- STEP 4** Add all the butter (be careful as the caramel will spit and splatter!) and whisk into the hot caramel until it's all melted together.
- STEP 5** Now pour 250ml cream (keep 250ml for the cream filling) in slowly whilst continuously whisking.
- STEP 6** Whisk until all combined and smooth.
- STEP 7** Pour the caramel into a clean bowl and leave to cool.
- STEP 8** Put the caramel into the fridge and leave to cool completely.

TO ASSEMBLE

- STEP 1** With a sharp knife, cut the top 1/3 off each choux bun.
- STEP 2** Whisk the 250ml cream until you have soft peaks.
- STEP 3** Now add the cooled down caramel and fold into the cream.
- STEP 4** Put a large star nozzle into your piping bag.
- STEP 5** Fill the piping bag with the caramel cream mix and pipe a good amount of cream into the bottom part of the choux bun.
- STEP 6** Place the top part on the cream.
- STEP 7** If you fancy, you can dust the cream buns with icing sugar.