



## ANSON MILLS

### **Pâte à Choux**

#### **Yield**

Makes about 1f pounds of paste, enough for 24 (3-inch) round puffs or 12 larger pastries

#### **Time**

About 30 minutes (for the paste only; baking time not included)

#### **Baking Notes**

When I (Kay) revisit classic French baking formulas to translate them with Anson Mills ingredients, invariably my first stop is the pages of Rose Levy Beranbaum's cake or pie book. Rose trained with Lenôte, at whose concession in KaDeWe Berlin I had the good fortune to work. Even were that particular connection not in place, Rose's recipes honor French technique and presentation but acknowledge and appreciate differences in American ingredients in ways that are honest without compromising the integrity of the original. Her recipes work magnificently! I confess that when I read her choux paste recipe and noted that Rose herself references Shirley Corriher, I felt comfortable appropriating Rose's baking techniques and timing for my own recipe. However this recipe is *not* the same as hers. Rose does not work with new crop heirloom flours as we do at Anson Mills. But it would be disingenuous of me not to give her a shout out here. Thanks, Rose!

A number of pâte à choux preparations that we have tasted in restaurants or bakeries—be they éclairs, profiteroles, or whatever—represent failures of freshness or technique. This is not a pastry that demonstrates patience with humidity and under- or overbaking. Restaurant profiteroles are frequently overbaked—or perhaps baked ahead and oven-crisped pre-service—rendering their exteriors tough and their interiors dry. The textural balance is critical to a perfectly baked pastry—particularly those eaten on their own, as in the photo above. Central to the enjoyment of choux pastries is that they are eaten when fresh and that they are filled only moments before serving. Other recipes will tell you how convenient it is to freeze and reheat pâte à choux pastries. Do not believe it! If you are serving these at home, as we assume you are, do not bake the pastries ahead or freeze them.

#### **Equipment Mise en Place**

For this recipe, you will need a digital kitchen scale, a medium bowl, a 2-cup glass measuring cup, a whisk, a heavy-bottomed medium saucepan, a wooden spoon, and a stand mixer fitted with a paddle attachment (or a food processor).

## **Ingredients**

2.3 ounces Anson Mills Colonial Style Fine Cloth-Bolted  
Pastry Flour  
2.3 ounces Anson Mills French Mediterranean White Bread Flour  
0.5 ounces Anson Mills Carolina Gold Rice Flour  
4.25 ounces lightly beaten whole eggs (2 to 3 eggs)  
4.25 ounces egg whites  
2.5 ounces whole milk  
7 ounces spring or filtered water  
3.8 ounces unsalted European-style butter cut into small cubes  
1 teaspoon sugar  
f teaspoon fine sea salt

## **Directions**

**1.** Sift together the pastry flour, bread flour, and rice flour into a medium bowl. Combine the whole eggs and egg whites in a 2-cup glass measuring cup and whisk lightly. Pour the milk and water into a heavy-bottomed medium saucepan and add the butter, sugar, and salt. Set the pan over high heat and bring the liquid to a full boil, stirring once or twice; the butter should be fully melted by the time the liquid begins to bubble. Pull the pan off the heat and dump in the sifted flours all at once. Return the pan to medium-low heat and stir vigorously with a wooden spoon; the mixture will form a paste and gather into a ball. Continue to cook, stirring continuously and vigorously, until a sandy residue coats the bottom of the saucepan and the paste begins to glisten with tiny beads of fat, 2 to 3 minutes.

**2.** Turn the paste into the bowl of a stand mixer fitted with a paddle attachment or into a food processor bowl. Run the mixer on low speed for 10 or 15 seconds to cool the mixture slightly; if using a food processor, pulse 10 to 15 times. With the mixer or processor running, begin adding the egg a little at a time, as if making a mayonnaise, allowing the egg to incorporate into the paste before adding more; scrape down the sides of the bowl as needed. When all of the egg has been incorporated, the paste will be smooth and glossy. The *pâte à choux* is now ready to use.