

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

“2 in 1” Pâte à Choux for Gougères and Profiteroles

BY CHEF WENDY SHERWOOD OF LA FORÊT CHOCOLATE & CONFECTIONS, NAPA

Ingredients

½ cup + 1 tbsp. whole milk
(125 grams)

½ cup + 1 tbsp. water
(125 grams)

7 tbsp. butter, unsalted

1 tsp. kosher salt

1 ½ tsp. sugar

1 cup + 2 tbsp. flour
(150 grams)

4-5 eggs

2 oz. Gruyère cheese

Directions

Preheat oven to 400°F. Measure all ingredients separately and set aside. In a saucepan, heat milk, water, butter, salt and sugar until just simmering. Turn off heat and add flour all at once. Stir vigorously to combine and return to heat. Cook on medium heat, stirring constantly for 2-3 minutes.

Place dough in the bowl of a stand mixer fitted with a paddle attachment and mix for 2 minutes to cool. Add one egg and mix until completely smooth. Scrape sides of the bowl and add another egg. Continue adding eggs until you have a smooth, soft dough that drops from a spatula in a “V” shape (see *demo). You may not need all the eggs.

Place half the dough in a piping bag fitted with a star tip. Use this dough to make your profiterole buns (see *demo).

Fold the cheese into the other half of the dough and place in a piping bag fitted with a straight piping tip. Use this dough to make your gougères (see *demo).

Tap down tips of dough with a moistened finger and bake for 10-15 minutes until dough is puffed and golden brown. Serve gougères immediately. Reduce the oven temperature to 250°F and continue to bake profiterole buns for an additional 15-20 minutes to dry the interior. Cool, split and serve with ice cream and chocolate sauce.

*View the May 3, 2020 video demo with Chef Wendy Sherwood on Bouchaine’s Facebook page by clicking [here](#).