

# Caramel Choux Buns Recipe

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 35 minutes

Cook time : 40 minutes

Ready in 90 minutes plus cooling

Level : Advanced

## Ingredients:

### Choux Pastry

- Water 125g (4.4oz)
- Milk 125g (4.4oz)
- Butter 100g (3.5oz)
- Salt 5g (1Tsp)
- Sugar 5g (1Tsp)
- All purpose flour 150g (5.3oz)
- Eggs approximately 250g (8.8oz or 5 medium eggs)

### Crème Pâtissière

- Milk 500g (1.1lbs)
- Egg yolks 100g (3.5oz or 5 medium egg yolks)
- Sugar 125g (4.4oz)
- All purpose flour 25g (1.5Tbsp)
- Corn starch 25g (1.5Tbsp)
- Vanilla powder
- Extra sugar for the caramel 250g (8.8oz)

## Directions

1. Make choux pastry. Put milk, water, butter, salt and sugar into a saucepan and cook until it boils.
2. Remove from the stove and add sifted flour.
3. Put everything back on the stove and cook, stirring constantly for 2 minutes. Transfer the mixture into a clean bowl and leave it to cool.
4. Beat the eggs and add them gradually to the paste mixing well after each addition. The finished dough should be soft, smooth and creamy.
5. Pipe the profiteroles, brush them with egg wash and bake at 180°C-200°C (350°F-400°F) until golden brown. Leave them to cool down.
6. Make crème pâtissière. Mix the milk, half of sugar and vanilla powder into a saucepan and heat it up.
7. Blanch egg yolks with the rest of the sugar, add sifted flour and cornstarch and whisk to combine.
8. Temper the yolk mixture with approximately half of the heated milk. Return the yolk mixture to the pan, put it back on the stove and cook stirring vigorously until the cream boils and thickens. Allow pastry cream to boil for another 2 minutes stirring constantly.
9. Remove the pan from the stove and immediately pour the cream into a clean bowl. Cover it by placing plastic wrap on the surface of the cream and leave it to cool down.
10. Make the caramel. Put the sugar into a pan and add some water. Bring it to a boil and continue cooking until the syrup becomes golden brown.
11. Remove the pan from heat and dip each cooled choux bun into the hot caramel. Be careful not to touch the caramel with your fingers!
12. Place cooled crème pâtissière into a bowl of a stand mixer fitted with whisk attachment and whisk on medium speed until it becomes smooth.
13. Make the hole at the bottom of the bun with small sharp piping tip and fill them with cooled crème pâtissière.