

Maple Crème Puffs

From: Polly's Pancake Parlor,
Sugar Hill

Ingredients

Maple Pastry Cream:

- 2 cups milk
- ¼ cup Polly's Maple Sugar
- 3 egg yolks
- ¼ cup cornstarch
- 1/3 cup Polly's Maple Sugar
- 1 ½ tsp vanilla
- 2 Tbsp butter

Pate a Choux Pastry:

- 4 Tbsp butter
- ¾ cup water
- ½ cup flour
- 2 eggs

Directions

1. Start by making the pastry cream: combine milk and 1/4 cup of maple sugar in a saucepan and set aside.
2. Combine egg yolks, cornstarch, 1/3 cup of maple sugar and vanilla in a bowl and set aside.
3. Heat milk and sugar in saucepan on stove top until boiling. It will start to rise and bubble when boiling, watch that it doesn't boil over.
4. While whisking vigorously, SLOWLY pour milk and sugar over egg yolk mixture- pour slowly and whisk vigorously so as not to scramble egg yolks. Pour entire mixture through a strainer back into saucepan.
5. Heat on stove again, while stirring and scraping sides of sauce pan. It will start to thicken, once it does, continue to whisk until it boils. Remove from heat. Add and stir in 2 Tbsp of butter. Once butter is combined, immediately transfer to a clean bowl, and press plastic film wrap right down on top so it doesn't form a film on top of the pastry cream.
6. Set in refrigerator to cool.
7. To make the Pate a Choux preheat oven to 400 degrees.
8. Combine water and butter in a sauce pan. Heat until boiling and butter has dissolved. Add flour and beat with a spatula or wood spoon. It will form a soft ball, keep beating until it dries out a bit.
9. Remove from heat and put into stand mixer with a paddle mix on low for 2 minutes. Add an egg 1 at a time and mix until incorporated. Scrape down the bowl after adding each egg.
10. Once dough is formed put dough into a pastry bag. Pipe "dollops" the size of a golf ball on a parchment lined pan. If you don't have a pastry bag you just spoon the dollops
11. Bake until dry and golden, around 30 minutes. Remove from oven and immediately cut a slit into the top to let steam escape. Allow to cool. Once cooled, fill a pastry bag with maple pastry cream and fill each cream puff through the top slits. If you don't have a pastry bag, you can cut the puffs in half and spread the pastry cream between them. Then dust with powdered sugar.

