

Cream Puffs

Cream Puff Dough:

1/2 c. water
1/4 c. margarine
1/2 c. flour
2 eggs

Filling:

1/2 pkg. pudding
1/2 c. milk
1/2 tsp. vanilla
1/2 container Cool Whip

Chocolate Glaze:

1 Tbsp. cocoa powder
2 Tbsp. margarine
1 Tbsp. milk
1/2 c. powdered Sugar
1/2 tsp. vanilla

1. Preheat the oven to 400°.

For the Cream Puff Dough:

1. In a medium sized saucepan, combine water and butter and bring to a rolling boil.
2. Reduce heat to low and then mix in 1/2 c. flour all at once over low heat. Mix with a wooden spoon until a dough ball is formed.
3. Remove pan from the heat. Transfer the dough ball to a small mixing bowl and beat in eggs, one at a time, with an electric mixer until completely combined. This process may take a few minutes. Do not beat in your second egg until the first is completely combined.
4. When the dough is completely mixed, spoon the dough onto a lightly greased cookie sheet in medium sized balls.
5. Bake at 400° for 20 to 25 minutes. Remove the pan from the oven and let cool.

For the Filling:

1. With a clean and sanitized electric mixer, mix the pudding powder, milk and vanilla together. Place in the fridge for 5 minutes.
2. After the pudding is solid, fold-in Cool Whip with a rubber spatula until evenly combined. Do not beat.

For the Chocolate Glaze:

**Do not start making the chocolate glaze until there are about 5 minutes remaining on the timer for your cream puffs.*

1. In a small sized saucepan, melt the butter over medium-high heat.
2. Add cocoa powder and stir with a wooden spoon until combined.
3. Remove from heat and stir in milk, powdered sugar and vanilla. Set aside until the cream puffs are assembled.

To Assemble the Cream Puffs:

1. When cream puffs are cool, carefully cut across the tops. Spoon out the doughy filling and throw it away.
2. Fill each cream puff with the pudding filling. Place the tops back on the cream puffs.
3. Drizzle the chocolate glaze on top of each cream puff.
4. Eat and enjoy!

Recipe Evaluation

1. What are the five functions of eggs in recipes?

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

2. What is the function of the eggs in this recipe?

3. Match the terms on the left with the process on the right.

Terms

Process

_____ Homogenization	A. The process by which milk is heated to a very high temperature to kill bacteria.
_____ Pasteurization	B. The process of adding Vitamins A and D to milk.
_____ Fortification	C. The process by which fat is broken down and evenly distributed in milk.

4. How many cups of milk/dairy should we be eating every day?