

MINI STRAWBERRY CREAM PUFFS

INGREDIENTS

for the choux pastry

1/2 cup all purpose flour
1/2 teaspoon granulated white sugar
1/4 teaspoon salt
1/4 cup unsalted butter
1/2 cup water
2 large eggs, lightly beaten

for the strawberry mousse filling

1 envelope unflavored gelatin
2 cups sliced fresh strawberries
1/4 cup granulated sugar
1 cup whipping cream

for the garnish

Strawberry sauce or confectioners sugar

DIRECTIONS

Make your pastry: Preheat oven to 400F and place rack in center of oven. Line a baking sheet with parchment paper.

In a bowl sift together the flour, sugar and salt. Set aside.

Place the butter and water in a heavy saucepan over medium heat and bring to a boil. Remove from heat and, with a wooden spoon or spatula, quickly add the flour mixture. Return to heat and stir constantly until the dough comes away from the sides of the pan and forms a thick smooth ball (about a minute or two). Transfer the dough to your electric mixer, or with a hand mixer, and beat on low speed a minute or two to release the steam from the dough. Once the dough is lukewarm start adding the lightly beaten eggs and continue to mix until you have a smooth thick paste. Spoon or pipe mounds of dough onto the baking sheet, spacing them a couple of inches apart.

Bake for 15 minutes and then reduce the oven temperature to 350F. Bake for a further 30 to 40 minutes or until the shells are a nice amber color and when split, are dry inside. Turn the oven off and, with the oven door slightly ajar, let the shells dry out for a further 10 – 15 minutes. Remove from oven and let cool on a wire rack.

Prepare strawberry mousse: Sprinkle gelatin over 1/4 cup water in a small bowl; let stand 5 minutes. Process 2 cups sliced strawberries and 1/4 cup granulated sugar in a blender or food processor until smooth, stopping to scrape down sides as needed. Transfer strawberry mixture to a small saucepan; bring to a boil over medium-high heat. Remove from heat. Add gelatin to strawberry mixture, stirring constantly until gelatin dissolves. Cover and chill until consistency of unbeaten egg whites, stirring occasionally (about 30 minutes). Beat cream at low speed until foamy; increase speed to medium-high, and beat until soft peaks form. Fold whipped cream into strawberry mixture until well blended. Cover and chill 30 minutes or just until mixture is thick enough to hold its shape.

To assemble: Split the pastry shells in half and fill (or pipe) with strawberry mousse. Place the top half of the pastry shell on the strawberry mousse and dust with confectioners sugar or drizzle with strawberry glaze.