

Sue's Chou Pastry **Cream Puffs**

½ cup	White rice flour
¼ cup	Corn starch
1 tsp	White sugar
½ tsp	Guar gum
pinch	Salt
¼ cup	Butter
½ cup	Water
1 tsp	Vanilla
2	Eggs
2 tbsp	Egg whites

Combine dry ingredients and set aside.

In a small saucepan, combine butter, water and vanilla. Place on stove on medium heat. Heat till just boiling. Remove from heat and add dry ingredients all at once. Stir quickly with a wooden spoon, till combined and forming a ball. Turn dough ball into a bowl to cool.

After 5 minutes, using an electric beater, add the eggs one at a time and egg whites. Blend until well incorporated. The batter should be smooth and somewhat runny, when you stir it and remove the spoon the batter should form a “beak” from the

spoon – not pour from the spoon, but run off the spoon slightly to form a “V”.

Spoon the batter into a piping bag. Pipe onto parchment on a baking sheet to form circles for cream puffs or tubes for eclairs. Pipe the shapes thick onto the paper.

Bake at 400° for 30 minutes, turn the oven down to 350° and bake for an additional 10-15 minutes till golden. The puffs will be hollow inside.

Sue's Chocolate Sauce

1/3 cup	corn syrup
1/3 cup	water
1/3 cup	sugar
1/2 cup	cocoa powder
1/2 tsp	vanilla

Measure corn syrup and water into a saucepan. Sift sugar and cocoa powder and add to saucepan. Heat and stir on medium low heat until the sugars are melted and the cocoa is incorporated. Remove from heat and add vanilla. May be stored in a sealed container and refrigerated.

Sue's Pastry Cream Filling

1/2 cup	whipping cream
1/4 cup	icing sugar
1/2 tsp	vanilla
2 tbsp	custard powder

Whip cream until thick and fluffy, add icing sugar, vanilla and custard powder. Cream will have be a light yellow colour. Can be stored for 2 days in a sealed container in the refrigerator.