PREP: 30 min
COOK: 30-45 min
SERVES: 8

Choux Bun

In this recipe Emelia Jackson (MasterChef Champion 2020) debunks the Choux Bun and shows us just how easy it is to master them!

Ingredients

Sablage

50g caster sugar
50g unsalted butter
50g plain flour
1 tsp Organic Vanilla Extract 50ml

Choux pastry

100g unsalted butter
225g water
5g salt
5g caster sugar
180g plain flour
265g whole eggs

Method - Sablage: adding this gives a professional finish on your choux buns

STEP 1

Mix the castor sugar, melted butter, plain flour and Queen Organic Vanilla Extract together with your hands to create a paste like consistency. Roll between two sheets of baking paper until ¼ cm thick.

STEP 2

Set in the freezer until ready to use.

Method - Choux pastry

STEP 1

Preheat the oven to 160C

STEP 2

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Ingredients

1 tsp Organic Vanilla Extract 50ml

Vanilla Creme Diplomat

250g full cream milk
50g caster sugar
2 egg yolks
3 tablespoons cornflour
25g butter
1 tablespoon Vanilla Bean Paste 140g
125g thickened cream
125g double cream

Method - Choux pastry

In a saucepan, combine the butter, water, Queen Organic Vanilla Extract, sugar and salt. Bring to a rapid boil before adding in the plain flour.

STEP 3

Cook this on heat for 5-7 minutes or until a thick crust forms at the base of the saucepan. This ensures that the flour is well hydrated and you will achieve the most consistent results.

STEP 4

Transfer the hot pastry to the bowl of a stand mixer and using the paddle attachment, mix on medium speed until all of the steam dissipates. This ensures that any excess moisture that could weigh down the choux evaporates and you are left with the lightest pastry.

STEP 5

Continue mixing while adding the eggs one at a time, until fully absorbed in the mixture.

STEP 6

Transfer to a piping bag fitted with a round 1cm nozzle.

STEP 7

On an oven tray lined with baking paper, pipe out the mixture into small circles, with enough room between each for the pastry to triple in size.

STEP 8

Take your sablage from the freezer and lay flat. Use a circle cutout to create small circles, and lay each circle on top of each pastry. Be sure to do this quickly so the sablage stays quite firm.

STEP 9

Bake at 160C for 30-45 minutes or until a deep, caramalised colour. Do not open the door before the 30 minute mark because releasing the steam risks collapsing the pastry

Method - Vanilla Creme Diplomate

STEP 1

In a saucepan, heat the milk until simmering.

STEP 2

In a bowl, whisk together the caster sugar, egg yolks, corn flour and vanilla bean paste. Pour over the simmering milk and whisk to combine. Return the mixture to the pan and bring up to the boil, cooking for 2-3 minutes or until thickened. Remove from the heat and add in the butter.

STEP 3

Cover the custard with cling film so that the cling is touching the surface and Allow to cool completely in the fridge.

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Method - Vanilla Creme Diplomate

STEP 4

Whisk together the thickened and double cream until soft, billowing peaks form, being careful not to overwhip it otherwise the creme diplomate will become grainy.

STEP 5

Take the cooled custard out of the fridge and give it a whisk to loosen before folding in the whipped cream. Transfer to a piping bag fitted with a star nozzle ready to fill the choux buns.

Method - Assembly

STEP 1

Slice off the top off the choux bun with a small, serrated knife and pipe in the luscious cream diplomate. Top with the lid and enjoy while fresh.

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