



Culinary Institute
of America

Pre-Cooked Method

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Pre-cooked Method

It is the process of initially cooking ingredients to pre-gelatinize starch, evaporate moisture, and dissolve the sugar

- This process creates a hollow center
- Can be sweet or savory

Examples:

- Pate a choux
- Cream puffs, Eclairs, Swans, Profiteroles



Pate a Choux



Eclairs

- A light, airy dessert
- **Common fillings:** vanilla, chocolate, coffee, fruit
- Dipped in fondant icing

Cream Puffs/ Profiteroles

- A cream-based filling such as whipped cream, custard, ice cream
- **Variations:** chocolate ganache, fruit creams
- Dusted with powdered sugar



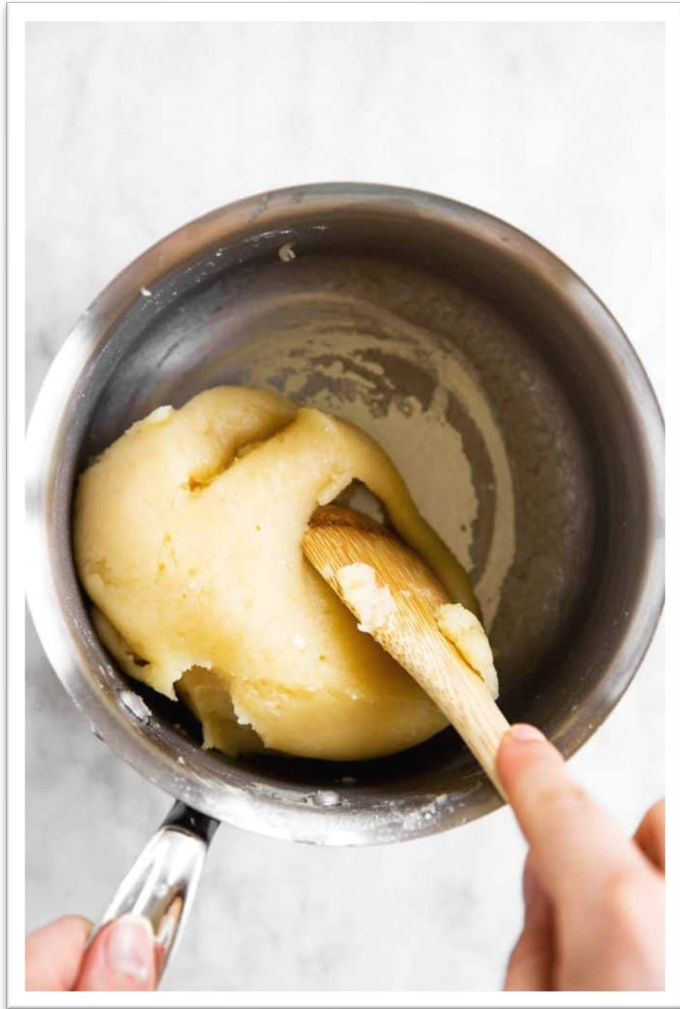
Pate a Choux Ingredients

Ingredient ratio: 2:1:1:2

- **Water:** provides volume
- **Milk:** gives color, moisture
- **Butter:** gives color, flavor, moisture
- **Salt:** provides flavor
- **Bread Flour:** provides body, structure
- **Eggs:** aids in color, texture, structure, flavor, moisture



Pate a Choux Step By Step



1. In a saucepan, add water, milk, cubed butter, and salt
2. Bring to a boil
3. Remove from the heat
4. Add all the bread flour at one time. Using a wooden spoon, stir to incorporate
5. Return to the heat for another 30 to 45 seconds
6. The dough should form a single mass with a thin film on the bottom of the pan

Pate a Choux Step By Step cont.

7. Put the dough into a mixer fitted with the paddle attachment
8. Once the dough has cooled down, add the eggs in several additions and scraping after each addition
9. Pipe into desired shape, allow to dry out
10. Bake at 375 °F
11. There should be even browning on the top and have slightly less color along the sidewalls



Storing Procedure



Raw batter

- Refrigerated for two days
- Frozen for a week or more

Baked choux

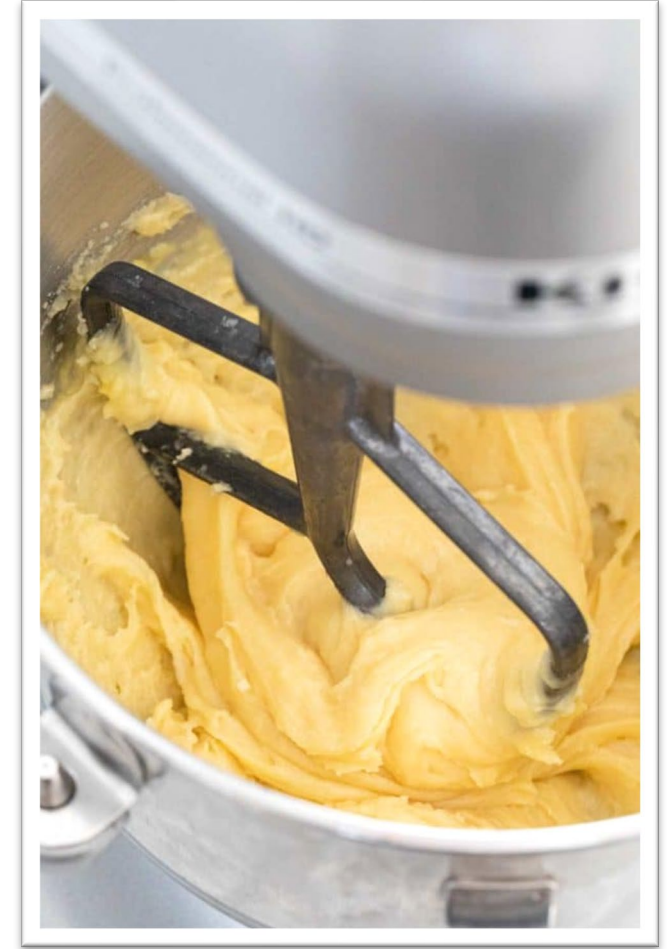
- Frozen for a week or more
- Reheated slightly before using

Filled choux

- Must be served as soon as possible

Key Points

- Liquid should be boiled to evenly distribute and melt fat
- Flour mixture is cooked long enough to gelatinize the starch
- Eggs need to be added in intervals, stopping when a smooth shiny paste is obtained
- Choux should be baked in a high temperature oven
- Choux is ready when there is even browning on the top, slightly less along the sides





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Questions?