

Foodnity Recipes

Strawberry Cream Puffs – Delicate Dessert

20 min Prep time	**25 min** Cook time	**45 min** Total time
12 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Choux Pastry

- [ ] 1/2 cup unsalted butter, cubed
- [ ] 1 cup water
- [ ] 1 cup all-purpose flour
- [ ] 4 large eggs, room temperature
- [ ] 1/4 tsp salt

Strawberry Cream Filling

- [ ] 1 1/2 cups heavy cream, chilled
- [ ] 1/3 cup powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon zest
- [ ] 1 cup fresh strawberries, puréed and strained

Instructions

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment.
2. In a saucepan, combine butter, water, and salt; bring to a boil, then add flour all at once, stirring vigorously until the mixture pulls away from the sides.
3. Remove from heat, let cool for 2 minutes, then beat in eggs one at a time until the dough is smooth and glossy.
4. Transfer dough to a pastry bag fitted with a large round tip; pipe 1-inch rounds onto the parchment, spacing 2 inches apart.
5. Bake for 10 minutes, then reduce heat to 350°F (175°C) and bake another 15 minutes until golden and hollow. Cool on a wire rack.
6. While the shells cool, whip heavy cream with powdered sugar, vanilla, and lemon zest until stiff peaks form; gently fold in strawberry purée.
7. Using a small pastry bag, fill each cooled puff with the strawberry cream, then dust with powdered sugar.

Nutrition per serving

220 kcal	4 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not open the oven door during the first 10 minutes, it can cause the puffs to collapse.
- If the cream feels too loose, add a teaspoon of cornstarch and whip briefly.
- Serve within a few hours for the best texture; later the shells may soften.