

# Italian Cream Puffs

*Submitted by Maria Wolpert, All Saints Catholic Church*



## INGREDIENTS:

### *Puffs*

- 1 cup water
- 1/2 cup butter
- 1/8 teaspoon salt
- 1 cup flour
- 4 eggs

### *Custard Filling*

- 2/3 cup sugar
- 2 tablespoon flour
- 2 tablespoon cornstarch
- 1/4 tsp salt
- 3 cups whole milk
- 3 egg yolks, beaten
- 2 teaspoon vanilla

## DIRECTIONS

Preheat oven to 400\*

In a saucepan, add water, butter and salt. Bring to a rolling boil. Reduce heat and add flour all at once. Stir vigorously with a wooden spoon until mixture leaves the sides of the pan in a ball. Cool 3-4 min. Place mixture in a mixing bowl and add eggs one at a time, beating well after each addition.

Transfer batter to a pastry bag and pipe into small mounds on a cookie sheet. Be sure to leave space between them as they expand during baking. Bake for 20-25 min. Slice the side of each puff and let stand in the turned off oven for 5 min. Remove from oven and Cool completely.

Fill with chilled custard (recipe below). Sprinkle with powdered sugar.

### *Custard Filling:*

Combine sugar, flour, cornstarch, and salt in a saucepan. Gradually stir in milk. Cook and stir over medium heat until mixture thickens and comes to a boil. Cook 3 min longer, stirring regularly so it doesn't stick. Combine egg yolks with a small amount of hot milk mixture to temper the eggs, then add egg yolks to pan. Continue cooking until mixture boils and thickens. Stir in vanilla. Remove from heat and cool completely in the refrigerator.