

# *l'Heure du Goûter*

## **Cream Puffs (Chouquettes)**

Adapted from recipe used at l'Atelier Clafoutis, Lyon, France (Anne Gentit)

100 g butter  
150 g flour  
250 ml water  
3 eggs  
1 teaspoon vanilla sugar  
Sugar grains to sprinkle

Preheat the oven to 210°C/410°F

In a large saucepan, combine water, butter, and salt.

When the butter is melted, add flour all at once and stir rapidly with a wooden spoon. Heat until the mixture detaches from the saucepan.

Form into ball. Let cool one minute.

Off the stove, add eggs one after the other and mix vigorously (this takes muscle!) so that the mixture gains volume.

Put spoonfuls of mixture onto a tray. Sprinkle with sugar (optional).

Cook 10 minutes at 210°C/410°F, then 15 minutes at 356°F.

For the chocolate cream:

1 egg + 3 yolks  
25 g butter  
25 cl milk  
7 squares of milk chocolate/dark chocolate  
50 g sugar  
25 g flour

Heat the milk with the chocolate in a saucepan. Beat the egg and the yolks, add the sugar, and whisk until the mixture blanches. Incorporate sifted flour little by little and pour the boiling milk through a sifter. Continue to whisk. Pour the mixture into a saucepan and put on low heat.

Continue to stir while cooking until mixture starts to simmer and thicken.

Let cool.

Fill the cream puffs with the cream using a pastry bag (poke hole into bottom of cream puff and fill).

## **Lemon Madeleines**

Adapted from recipe used at the Governor's French Academy

180ml (3/4 cup) flour

1ml (1/4 teaspoon) baking powder

1 ml (1/4 teaspoon) salt

2 eggs

125 ml (1/2 cup) sugar

Grated zest of one lemon

125 ml (1/2 cup) unsalted butter, melted and cooled

Preheat oven to 200°C/400°F.

In a bowl, mix flour, baking powder, and salt. Set aside.

In another bowl, whisk eggs with sugar and lemon zest with an electric beater (or by hand).

Gently fold in the dry ingredients with whisk. Fold in butter.

Cover and refrigerate for 30 minutes (optional).

Butter and flour the molds. Fill each mold three-quarters full. Bake for 8 to 10 minutes or until the madeleines are lightly golden. Take madeleines out of mold and let cool.