

CHOCOLATE BIGNE'

The pastries number one? The chocolate puffs, which contain a lot of sweetness in a small format. This is a delicious and perfect recipe to prepare to celebrate an anniversary or a Sunday with the family. Easy to make, we present them filled with a creamy milk chocolate, but they really lend themselves to many variations. For the dough we made the traditional choux pastry, also called puff pastry: a basic pastry preparation. You can buy ready-made puffs, but making them, following our recipe, will give you much more satisfaction.



INGREDIENTS:

For the choux pastry

50 g butter
38 g of water
38 g milk
2 g sugar
1 g salt
50 g flour
2 eggs

For the creamy milk

48 g milk
48 g fresh cream
10 g granulated sugar
19 g egg yolk
1 g animal gelatin
5 g water per gelatin
85 g Emilia Zaini milk chocolate



Difficulty
MEDIUM



Preparation
20 min + 12
hours



Portions
10

1

To prepare perfect chocolate puffs it is essential to make a soft and smooth choux pastry. Start by boiling water, milk, sugar and salt mixed with the butter at room temperature in a saucepan. Then add the flour and cook until the dough is completely

TIP

To obtain golden and puffy puffs, cover them with a wet and squeezed cloth before baking. This way you will moisten the top of the choux pastry which will rise better.

Place the mixture in the mixer and mix for 2 minutes at medium speed. Now add the eggs, one at a time, to the mixer. Let the first egg absorb before incorporating the second. Mix everything until you get a smooth and homogeneous mixture. Meanwhile, break up the chocolate and melt it in a double boiler or in the microwave.



- 2** Transfer the mixture obtained into a pastry bag. At this point, on a baking sheet covered with a sheet of parchment paper, shape with the help of the piping bag some balls of dough, spaced apart, the size of a walnut. Bake at 210 C ° for 20 minutes.
Meanwhile, prepare the milk cream: put the gelatin in the water to rehydrate. Bring the milk and cream to the boil. Add the mixture to the egg yolk and sugar, previously mixed, and bring everything to a boil. Remove from heat, add the gelatin and mix with an immersion blender. Also add some of the melted chocolate and continue mixing. Pour the mixture into a bowl and let it rest for 12 hours before use.



- 3** Once the puffs are taken out of the oven, let them cool and coat them with the remaining chocolate already melted in a bain-marie: dip the top of the puffs in the chocolate to form the desired coating.

