

Cream Puffs II

Canadian Mennonite Cookbook - 1974

Yield: 12 to 15 cream puffs

1 cup flour

1/4 teaspoon salt

1 cup boiling water

1/2 cup butter

4 eggs

Preheat the oven to 425 degrees.

Place the butter and boiling water in a saucepan. Keep on low heat until the butter is melted.

In a bowl, sift together the flour and salt. Add all at one time to the boiling water. Stir vigorously until the mixture leaves the sides of the pan and forms a well. Remove from the heat.

Add the unbeaten eggs, one at a time, beating thoroughly after the addition of each egg. Drop by tablespoonfuls onto a greased baking sheet, placing about two inches apart.

Bake for 30 minutes or until beads of moisture no longer appear on the surface.

When cool, cut a slit in the side of each puff. Fill with whipped cream or custard.

Per Serving (excluding unknown items): 1564 Calories; 113g Fat (65.2% calories from fat); 39g Protein; 97g Carbohydrate; 4g Dietary Fiber; 1096mg Cholesterol; 1759mg Sodium. Exchanges: 6 1/2 Grain(Starch); 3 Lean Meat; 20 Fat.