

## Airy Nun's Puffs (Choux Pastry): Easy & Elegant Dessert

Get ready to bake a truly delightful and surprisingly simple pastry:



**OVEN**  
**375°F**

**TIME**  
**5 min**

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### INGREDIENTS

1 stick butter (1/2 cup)

1 cup milk

3/4 cup all-purpose flour

4 large eggs

1/2-1 tablespoon sugar (optional, for sweeter puffs)

Sugar for sprinkling (optional, for top)

Honey for serving

Whipped cream or fruit (optional, for serving)

Swaps and Notes:

**Butter:** Unsalted butter is preferred to control saltiness.

**Milk:** Whole milk will provide the richest flavor, but 2% milk can also be used.

**Flour:** All-purpose flour is essential for the structure of the choux pastry. Do not substitute with self-rising or gluten-free flour unless you are very experienced with choux pastry.

**Eggs:** Use large eggs. They are crucial for the texture and rise of the puffs. Ensure they are at room temperature so they incorporate more easily into the dough.

**Sugar (in dough):** This is optional. For a more savory puff (great for cheese fillings), omit the sugar. For a sweet dessert puff, add 1/2 to 1 tablespoon.

**Sugar for Sprinkling:** Granulated sugar works well for a subtle crunch and sweetness on top.

Honey: Pure honey for drizzling. Maple syrup or a berry sauce would also be delicious.

Whipped Cream/Fruit: Homemade whipped cream is always best! Fresh berries like strawberries, blueberries, or raspberries are wonderful with these.

## DIRECTIONS

1. Let's get these airy : Nun's Puffs baking to golden perfection!
2. Preheat : Oven & Prepare Pan: Preheat your oven to 375°F (190°C). Generously grease a standard 12-cup muffin tin. Trust me, this is key to easy puff removal later, as choux pastry can stick!
3. Make the : Butter-Milk Base: In a medium saucepan, melt the 1 stick of butter over medium heat. Once melted, add the milk and bring the mixture to a gentle boil. This is where the magic begins as you create the foundation for your choux pastry.
4. Add : Flour (All at Once): As soon as the mixture comes to a boil, remove the saucepan from the heat. Add the 3/4 cup of all-purpose flour all at once to the hot liquid. Immediately get ready to stir vigorously with a sturdy wooden spoon or heatproof spatula. Continue stirring and working the mixture until it pulls away from the sides of the pan and forms a nice, cohesive dough ball. This process helps to cook the flour and activate the starch.
5. Cool the : Dough: Remove the saucepan from heat and let the dough ball cool slightly for about 5 minutes. This is important to prevent the eggs from cooking when added. You can stir it around a bit to help it cool faster.
6. Incorporate : Eggs: Now, the crucial step for puffing! Add the 4 eggs to the dough one at a time. After each egg addition, mix very well and vigorously until the egg is fully incorporated into the dough and the dough looks smooth and glossy before adding the next egg. The dough might look curdled or separated at first, but keep mixing, and it will come together. This

process creates the steam that makes the puffs hollow. If you're adding optional sugar, stir it in now.

7. **Fill : Muffin Cups:** Divide the smooth, glossy dough evenly among the 12 greased muffin cups. Each cup should be about half to two-thirds full. For a prettier shape, you can use a piping bag with a large round tip (or just snip the end off) to pipe the dough into the cups. Don't forget to sprinkle the tops with a little extra sugar for that extra little crunch and sparkle.
8. **Bake:** Slide the muffin tin into the preheated oven and bake for exactly 30 minutes. Avoid opening the oven door during this time! It can be tempting, but resist the urge. Opening the door can cause the puffs to deflate, and you want them to puff up undisturbed for that airy interior.
9. **Serve:** Once they are beautifully golden brown and impressively puffed up, remove them from the oven. Serve them warm, drizzled generously with honey, and if you like, top them with a dollop of fresh whipped cream or a scattering of fresh fruit like berries.

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## TIPS FOR SUCCESS

**Accurate Measurements:** Choux pastry relies on precise ratios.

**Stir Vigorously:** When adding the flour, stir quickly and continuously to prevent lumps and ensure the flour is fully cooked into the butter-milk mixture.

**Cool Dough Before Eggs:** Letting the dough cool slightly prevents the eggs from scrambling when added.

**Add Eggs One at a Time:** This allows each egg to be fully incorporated and create the correct emulsification for the dough.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/airy-nuns-puffs-choux-pastry-easy-elegant-dessert/>