

Mom's Famous Cream Puffs Recipe: The Secret to No-Fail Pastry

were the highlight of every birthday, holiday, and "just because" Sunday afternoon.



OVEN
400°F

TIME
1 min

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INGREDIENTS

The Pastry Shells:

1 stick Butter: Unsalted is preferred so you can control the salt content.

1 cup Water: The base for the steam that makes the puffs rise.

1 tsp Vanilla: To add depth to the dough itself.

1 cup All-Purpose Flour: Provides the structure.

4 large Eggs: These are crucial for the lift and the rich, golden color.

Mom's Famous Filling:

1 pint Heavy Cream: High fat content is a must for a thick, stable filling.

1 package (3.4 ounces) Instant Vanilla Pudding: This acts as a flavor agent and stabilizer.

1/3 cup Milk: To help the pudding mix incorporate smoothly.

DIRECTIONS

- 1.** The Dough Base: In a medium saucepan, combine the water, butter, and vanilla. Bring the mixture to a rolling boil over medium-high heat. Ensure the butter is completely melted before moving to the next step.
- 2.** Adding the Flour: Turn the heat down to low and add the flour all at once. Stir constantly with a wooden spoon. The mixture will look like a mess for a second, then suddenly transform into a smooth ball that pulls away from the sides of the pot. Continue to cook and stir for about 1 minute to "cook out" the raw flour taste.
- 3.** The Cooling Phase: Remove the pot from the heat. It is vital to let the dough cool for about 5-10 minutes. If you add the eggs while the dough is boiling hot, you'll end up with scrambled eggs!
- 4.** Incorporating the Eggs: Beat in the 4 eggs, one at a time. Do not add the next egg until the previous one is fully incorporated. The dough will look like it's breaking, but keep stirring! By the fourth egg, the dough should be silky, shiny, and hang in a "V" shape from your spoon.
- 5.** Baking to Perfection: Drop the dough by the tablespoon onto parchment-lined cookie sheets. For nice large puffs, aim for 8 mounds. Bake at 400°F for about 40 minutes.
- 6.** Pro : Tip: Once you take them out, poke a small hole in the side of each puff with a toothpick. Return them to the oven with the heat OFF and the door cracked open. This allows the internal steam to escape so they don't get soggy or deflate.
- 7.** The Filling: While the shells cool completely, make the filling. Combine the heavy cream, instant pudding,

and milk in a mixer. Beat on high until the mixture is thick and holds its shape.

8. Assembly: Slice the cooled shells in half horizontally. Pipe or scoop a generous amount of Mom's filling into the bottom half, then replace the top.

SWAPS & NOTES

The Flour: Stick to all-purpose flour.

Bread flour makes them too tough, and cake flour doesn't have enough protein to hold the "puff." **The Filling:** If you aren't a fan of vanilla, you can use chocolate or butterscotch instant pudding for a different flavor profile.

Dairy-Free: While difficult with cream puffs, you can use a high-quality plant-based butter, but the heavy cream in the filling is harder to substitute while maintaining that signature "Mom's" thickness.

Sugar: The dough itself isn't sweet, which is why the filling and the dusting of powdered sugar are so important!

TIPS FOR SUCCESS

Don't Peek: Do not open the oven door during the first 25 minutes of baking.

The rush of cool air can cause the puffs to collapse before their structure has set.

The Egg Size: Use large eggs at room temperature.

If your eggs are extra-large, you might only need three and a half-watch for that "V" shape in the dough.

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

Original recipe: <https://chefmaniac.com/moms-famous-cream-puffs-recipe-the-secret-to-no-fail-pastry/>