



Croquembouche (Cream Puff Tower) – I Adore Food

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 1 cup water
- 0.3 Teaspoon salt
- 1 cup flour
- 4 eggs
- 1.5 cup cup heavy whipping cream
- 0.8 cup powdered sugar

- 3 Tablespoon cocoa powder
- 3 cup sugar
- 3 Tablespoon plus light
- 1 cup water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- mixing bowl
- pot
- wooden spoon
- stand mixer
- microwave
- spatula
- measuring cup

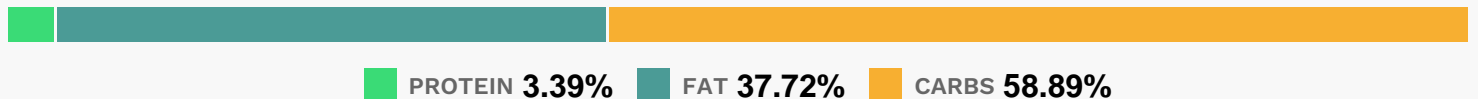
Directions

- Preheat oven to 425 degrees F (220 degrees C).
- For the Cream puffs: In a large pot, bring water and butter to a rolling boil. Stir in flour and salt until the mixture forms a ball.
- Transfer the dough to a large mixing bowl. Using a wooden spoon or stand mixer, beat in the eggs one at a time, mixing well after each. Drop by tablespoonfuls onto an ungreased baking sheet. Lightly brush them with water to soften the edges.
- Bake for 20 to 25 minutes in the preheated oven, until golden brown. Centers should be dry. 2 minutes before the end, pierce them with a wooden stick to prevent them from collapsing

when taken out of the oven.

- For the Cream Filling: In a mixing bowl, beat cream until soft peaks form. Gradually add sugar and cocoa, beating until almost stiff. Make a small hole on the bottom of the cream buff and pipe the filling in.
- Put the cream puffs in the fridge for 30 minutes.
- Mix the sugar, corn syrup and 1 cup water in a saucepan, cover and bring to a boil over high heat; don't stir. Uncover and boil, swirling the pan, until the syrup turns deep amber, 20 minutes.
- Immediately dip the bottom of the saucepan in a large bowl of ice water for a few seconds to stop the cooking.
- Transfer the caramel to a liquid measuring cup and cool slightly (it should still be liquid). Be careful—the caramel will still be hot!
- Draw a 7-inch circle on parchment paper. Partially dip each filled puff into the caramel and let the excess drip off. Arrange the puffs around the circle. If the caramel hardens, microwave until soft, 45 seconds.
- Fill the base circle with more puffs for stability, then continue building a conical tower of smaller circles. Top the tower with a single puff. Line your work surface with parchment paper—the next step can be messy.
- Dip the tip of a fork into the caramel and quickly wave it in circles around the tower to create a web of caramel strands. Repeat.
- Let set, then slide two spatulas under the paper and transfer the croquembouche to a platter. Tear off the excess paper around the base.
- To serve, crack the caramel web with the back of a knife, then dismantle the tower and transfer the cream puffs to plates.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:24.88, Inflammation Score:-3, Nutrition Score:3.0082608668701%

Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 280.77kcal (14.04%), Fat: 12.15g (18.69%), Saturated Fat: 7.37g (46.05%), Carbohydrates: 42.68g (14.23%), Net Carbohydrates: 42.24g (15.36%), Sugar: 37.46g (41.63%), Cholesterol: 65.11mg (21.7%), Sodium: 86.78mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Vitamin A: 451.73IU (9.03%), Selenium: 5.75µg (8.21%), Vitamin B2: 0.11mg (6.76%), Folate: 16.7µg (4.17%), Phosphorus: 41.39mg (4.14%), Vitamin B1: 0.06mg (3.93%), Manganese: 0.08mg (3.77%), Iron: 0.59mg (3.25%), Vitamin D: 0.46µg (3.08%), Vitamin E: 0.39mg (2.62%), Copper: 0.05mg (2.6%), Vitamin B5: 0.22mg (2.16%), Calcium: 21.47mg (2.15%), Vitamin B3: 0.41mg (2.03%), Magnesium: 7.81mg (1.95%), Vitamin B12: 0.12µg (1.94%), Zinc: 0.28mg (1.84%), Fiber: 0.45g (1.79%), Potassium: 49.28mg (1.41%), Vitamin B6: 0.03mg (1.25%)