



Cream Puffs

Ingredients

- 1 cup water
- 4 tablespoons butter
- 1 tablespoon [Fustini's Meyer Lemon olive oil](#)
- Pinch of salt
- 1 tablespoon sugar
- Pinch nutmeg
- 1 cup flour – sifted
- 4 eggs
- 1 egg beaten with 1/2 teaspoon of water

Sharon's Hint

Adapted from Julia Child's "Mastering the Art of French Cooking"

Raspberry Cream

- 1 cup heavy cream
- 2 tablespoons powdered sugar
- ¼ cup fresh raspberries
- 2 tablespoons [Fustini's Raspberry balsamic](#) syrup
- 1 tablespoon raspberry preserves
- 1-pint raspberries – cooked down with ¼ cup sugar and Strained to make the sauce

Directions

Step 1.

Preheat the oven to 425 degrees.

Heat the water, butter, EVOO, salt, sugar and nutmeg in a small saucepan until butter is melted and mixture is hot. Remove from the heat and add the flour all at once and stir with a wooden spoon until well incorporated. Return to moderately high heat and cook, stirring constantly with a wooden spoon until the mixture begins to film the bottom of the pan – 1 to 2 minutes. Remove from the heat and beat in the eggs, one at a time, until well incorporated. Beat for a moment more to be sure all is incorporated.

Step 2.

Place mixture in a pastry bag and pipe 1 inch by ½ inch shells onto parchment lined baking sheets making sure they are at least a few inches apart. Using a pastry brush, mold and shape the shells by brushing them with the egg and water mixture. Bake in the preheated oven for 20 minutes or until golden brown, doubled in size and crusty to the touch.

Remove from the oven and immediately slice a slit in the sides of each puff to let steam escape. Let cool to room temperature. They are now ready to fill.

Step 3. Raspberry Cream

Whisk cream to soft peaks. Add sugar and raspberries and whisk to hard peaks. Fold in balsamic syrup and preserve. Fill puffs with cream. Dip into sauce and serve.