

Bignè di San Giuseppe

Ingredients:

12-15 bignè

For the pasta choux

- 1/3 cup (125 ml) water
- 3-1/2 Tbs (50 g) butter, cubed
- 1 pinch of salt
- 1 pinch of sugar
- 3 eggs
- 1 cup (150 g) 00 flour

For the Chantilly cream filling

- 3 egg yolks
- 1/2 cup (100 g) sugar
- 3 cups whole milk
- 3 heaping tablespoons flour
- 1 cup of heavy whipping cream
- 1/4 cup (30 g) powdered sugar

Equipment

- 2 pastry bags
- 1 large round piping tip
- 1 small round tip
- Baking sheet
- Parchment paper

Instructions:

Prepare the pasta choux bigné

1. Preheat the oven to 375° F (190° C).
2. Line a baking sheet with parchment paper.
3. Take the eggs out of the refrigerator and bring them to room temperature.
4. Add the flour to a small bowl and set aside.
5. Add the water, butter, salt, and sugar to a small saucepan.
6. Heat the water over medium-low heat, stirring occasionally, until the butter has melted and the water boils.
7. Remove the pan from heat, add all the flour, and stir vigorously with a wooden spoon for a minute or two until the mixture forms a smooth ball.
8. Set the dough aside and let it cool for several minutes until tepid.
9. Add one egg at a time to the dough, stirring vigorously. Do not add another egg until the first is completely incorporated. If you prefer, you may use a stand mixer for this step.
10. When all the eggs have been incorporated, and the dough is smooth and elastic, transfer it to a pastry bag with a wide, round tip.
11. Pipe round mounds of pastry onto the baking sheet lined with parchment paper.
12. Using wet fingertips, smooth down any peaks formed.
13. Bake for 25 to 30 minutes until the bigné are golden brown. Remove and let them cool.

Prepare the Chantilly cream

1. Add the egg yolks and sugar to a small saucepan and stir until well mixed.
2. Slowly add the milk to the eggs and sugar, stirring constantly until well mixed.
3. Place the liquid over low heat.
4. Using a tea strainer or sifter, slowly add the flour, stirring vigorously with a wire whisk to incorporate all the flour.
5. Increase the heat to medium-low and stir the pastry cream continuously until it thickens and comes to a boil.
6. Remove the cream from heat, cover the surface of the cream with a piece of wax paper or parchment paper to keep a film from forming on top, and allow it to cool.
7. Whip the cream together with the powdered sugar.
8. Stir the whipped cream and pastry cream together to create a Chantilly cream.

Assemble, Garnish, and Serve

1. Transfer the Chantilly cream to a pastry bag with a small, round tip.
2. Poke a small hole in the bottom of each bigné and pipe cream into it until full. Wipe away any excess cream from the bottom of the bigné.
3. Use a tea strainer to dust the bigné with powdered sugar.
4. Serve immediately or refrigerate.