

# Berry cream puffs



Simple recipe,  
tasty result

A sweet sensation

Serves  
**6-8**

Prep in  
**1hr**

Cook in  
**15**

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## Berry cream puffs

**SERVES:** 6-8

**TAKES:** 1 HOUR TO MAKE  
& 15 MINUTES TO COOK

### For the crème pâtissière:

4 Co-operative free range egg yolks  
100g golden caster sugar  
25g plain flour  
300ml Co-operative British  
semi skimmed milk  
2 tsp vanilla extract

### For the pastry and fruit layers:

320g sheet puff pastry  
6 tbsp icing sugar, plus a  
little to dust  
325g fresh fruit  
(eg 200g pack blueberries  
and 125g pack raspberries)

**1** Preheat the oven to 200°C/fan  
180°C/Gas 6. Line 2 baking trays  
with greaseproof paper. Whisk  
together the yolks and sugar. Stir  
in the flour.

**2** Put the milk and vanilla  
extract into a pan and bring up  
to a gentle simmer. Pour the milk  
onto the egg mixture, whisking  
all the time.



**3** Pour the mix back into the pan  
and heat gently until the custard  
has thickened up, stirring  
constantly. Set aside and leave to  
cool – this is your crème pâtissière.

**4** Roll out the pastry to make it a  
bit bigger. Cut into 3 long strips  
and cut each into 6 rectangles.  
Place on the trays, dust with icing  
sugar and chill for 30 minutes.  
Bake for 10-15 minutes.

**5** Assemble the cream puffs in  
alternate pastry, crème pâtissière  
and fruit layers – two layers for  
each puff. Top each one with a  
piece of pastry and dust with  
icing sugar.

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approx. per serving (serves 6)

<b>ENERGY</b> 2080kJ 495kcal 25%	<b>FAT</b> 21.4g HIGH 31%	<b>SATURATES</b> 6.8g HIGH 34%	<b>SUGARS</b> 46.8g HIGH 52%	<b>SALT</b> 0.5g LOW 9%
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% of adult's reference intake

carbohydrates per serving: 68.8g

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