

Savoury choux buns

Ingredients

60g strong white flour
Pinch of mustard powder
Pinch of cayenne pepper
2 eggs (large)
50g butter
150ml water
25g grated parmesan cheese
Twist of black pepper
100g cream cheese
2 slices of ham
1 tomato

Equipment

Baking tray, pastry brush, weighing scales, sieve, greaseproof paper, 2 small bowls, fork, measuring jug, saucepan, wooden spoon, heat proof stand, 2 x 10ml spoons, knife, chopping board, and cooling rack.



Method

1. Preheat the oven to 200 °C or gas mark 6.

2. Grease or line the baking tray, and sprinkle a little water on top.



3. Sift the flour, mustard powder and cayenne pepper onto the piece of greaseproof paper.



4. Beat the eggs in the small bowl with the fork.



5. Melt the butter in the water in the saucepan.



6. When it starts to boil, remove from the heat and shoot in the flour.



7. Beat the mixture briskly until it is smooth and leaves the side of the pan.



8 Stir in the egg, a little at a time, to form a smooth paste.



9. Add the cheese and black pepper to the mixture and mix until combined.



10. Place small spoons of choux pastry onto the baking tray.



11. Bake for 10 minutes. Increase heat to 220 °C, gas mark 7, and bake for 15 minutes.



12. Slice with the knife and place on the cooling rack.



13. Chop the ham and dice the tomato, and mix with the cream cheese in the small bowl.



14. When the buns are cool, fill with the cream cheese mixture.

