

choux pastry recipe mary berry

Choux Pastry Recipe Mary Berry: Mastering the Art of Classic French Pastry

choux pastry recipe mary berry is a phrase that has gained significant traction among baking enthusiasts, and for good reason. Mary Berry, the beloved British baker and television personality, is famed for her simple yet flawless recipes that demystify baking techniques. Her take on choux pastry is no exception. If you've ever been intimidated by the idea of making choux pastry from scratch, Mary Berry's approach offers an accessible, reliable, and delicious way to create this iconic French dough. Whether you're aiming to whip up cream puffs, éclairs, or profiteroles, understanding her choux pastry recipe can elevate your baking game.

What Is Choux Pastry?

Before diving into Mary Berry's recipe, it's helpful to understand what choux pastry actually is. Unlike puff pastry or shortcrust, choux pastry (or *pâte à choux*) is a light, airy dough made by cooking flour with water and butter, then incorporating eggs to create a batter-like consistency. When baked, the dough puffs up dramatically, creating hollow centers perfect for sweet or savory fillings. This versatility makes choux pastry a staple in many classic desserts and appetizers.

The Science Behind Choux Pastry

Choux pastry's magic lies in the steam generated during baking. The high moisture content in the dough turns to steam in the hot oven, causing the pastry to rise and form a hollow shell. This is why it's crucial to get the dough's moisture balance right — too wet, and it won't hold shape; too dry, and it won't puff properly.

Mary Berry's recipe pays close attention to these details, ensuring that even beginners can achieve the perfect rise and texture.

Mary Berry's Choux Pastry Recipe Explained

Mary Berry's choux pastry recipe is admired for its simplicity and dependable results. She strips down the process to essential ingredients and clear steps, making it easy to follow.

Ingredients You'll Need

- Water: Provides the steam necessary for puffing.
- Unsalted Butter: Adds richness and flavor.
- Plain Flour: The structure of the pastry.
- Eggs: Bind the dough and contribute to its elasticity.

- A pinch of salt: Enhances flavor.

Mary Berry emphasizes using good-quality butter and fresh eggs to get the best results. Her recipe usually doesn't require sugar for the basic choux dough, which keeps it versatile for both sweet and savory applications.

Step-by-Step Method

1. **Boil Water and Butter:** Start by combining water, butter, and salt in a saucepan. Bring to a rolling boil to melt the butter and mix the ingredients thoroughly.
2. **Add Flour:** Quickly add the flour all at once, stirring vigorously with a wooden spoon until the mixture forms a smooth ball and pulls away from the sides of the pan.
3. **Cool Slightly:** Remove the dough from heat and allow it to cool for a few minutes. This step is crucial to avoid cooking the eggs when they're added.
4. **Incorporate Eggs:** Beat eggs in gradually, stirring continuously until the dough becomes smooth and glossy. The dough should be thick but pipeable.
5. **Pipe and Bake:** Transfer the dough to a piping bag and pipe the desired shapes onto baking trays. Bake in a hot oven until puffed up and golden brown.

Tips for Perfect Choux Pastry

- **Don't skip the cooling stage:** Adding eggs to hot dough can scramble them, ruining the texture.
- **Egg size matters:** Use large eggs for consistent results, as egg size affects dough moisture.
- **Pipe with confidence:** Use a star or round nozzle depending on the shape you want — Mary Berry often recommends a star nozzle for éclairs.
- **Avoid opening the oven door:** Sudden temperature changes can cause the pastry to collapse.
- **Bake until golden and crisp:** Underbaked choux can deflate quickly; ensure it's crisp on the outside.

Variations and Uses of Mary Berry's Choux Pastry

One of the beautiful things about Mary Berry's choux pastry recipe is its versatility. Once mastered, you can create a wide array of delightful treats.

Sweet Creations

- **Profiteroles:** Small round puffs filled with whipped cream or pastry cream, often topped with chocolate sauce.
- **Éclairs:** Oblong choux filled with cream and glazed with chocolate.
- **Choux Buns:** Filled with flavored creams, custards, or even ice cream for a refreshing dessert.

Savory Options

- **Cheese Gougères:** Add grated cheese to the dough before baking for a cheesy, savory treat.
- **Filled Appetizers:** Pipe smaller choux shapes, bake, and fill with smoked salmon mousse, herbed cream cheese, or chicken liver pâté for impressive starters.

Mary Berry's Tips for Filling Choux Pastry

Mary Berry suggests waiting until the pastries have completely cooled before filling to prevent sogginess. Using a piping bag fitted with a small nozzle to inject fillings through the base or side of the choux ensures neatness and precision.

Common Mistakes and How to Avoid Them

Even with Mary Berry's clear instructions, some common pitfalls can challenge novice bakers.

- **Dough too runny:** This usually means not enough flour or overbeating the eggs. Always measure ingredients accurately.
- **Pastry collapsing:** Often caused by opening the oven door too early or insufficient baking time.
- **Cracked pastry:** Can happen if the dough is too dry or oven temperature fluctuates.

By understanding these issues, you can troubleshoot and achieve consistent results every time.

Enhancing Your Baking Experience

Mary Berry's approach to choux pastry encourages home bakers to appreciate the process as much as the end product. Here are some additional tips to elevate your baking journey:

- **Invest in quality tools:** A good piping bag and nozzles make shaping easier.
- **Practice piping:** Even spacing and consistent sizes lead to even baking.
- **Experiment with fillings:** From classic vanilla pastry cream to exotic fruit curds or savory mousses, the choux shell is a blank canvas.
- **Learn to store:** Choux pastries are best eaten fresh but can be stored in airtight containers for a day or two. For filled pastries, store separately and fill just before serving.

Why Mary Berry's Choux Pastry Recipe Stands Out

What sets Mary Berry's choux pastry recipe apart is its balance of simplicity and reliability. While traditional French recipes can sometimes feel intimidating due to precise measurements and techniques, Mary's method breaks down the process into manageable steps without sacrificing authenticity. Her insights into ingredient quality, baking times, and practical tips make it accessible to bakers of all skill levels.

The recipe's adaptability — from delicate profiteroles to savory gougères — also means it can fit any occasion, whether a casual family dessert or a sophisticated dinner party starter.

Embracing Mary Berry's choux pastry recipe not only helps you master a classic culinary skill but also encourages creativity in the kitchen. With practice, patience, and a bit of confidence, you can create show-stopping pastries that impress friends and family alike.

Frequently Asked Questions

What is Mary Berry's choux pastry recipe?

Mary Berry's choux pastry recipe includes ingredients like water, butter, flour, and eggs, combined to create a light and airy pastry used for éclairs and profiteroles.

How do you make Mary Berry's choux pastry?

To make Mary Berry's choux pastry, boil water and butter, add flour off the heat, stir until combined, then beat in eggs one at a time until smooth. Pipe onto a baking tray and bake until puffed and golden.

What are the key tips from Mary Berry for perfect choux pastry?

Mary Berry advises to cook the dough until it forms a smooth ball, ensure eggs are well incorporated, and bake at the right temperature to achieve puffed and crisp choux pastry.

Can Mary Berry's choux pastry be used for both sweet and savory dishes?

Yes, Mary Berry's choux pastry is versatile and can be used for sweet dishes like profiteroles and éclairs, as well as savory items like gougères.

What oven temperature does Mary Berry recommend for baking choux pastry?

Mary Berry recommends baking choux pastry initially at a high temperature around 200°C (400°F), then lowering it slightly to ensure the pastry puffs up and dries out properly.

How long should Mary Berry's choux pastry be baked?

Mary Berry suggests baking choux pastry for about 20-25 minutes until golden and puffed, without opening the oven door to prevent deflation.

What fillings does Mary Berry suggest for choux pastry?

Mary Berry suggests sweet fillings like whipped cream, pastry cream, or chocolate ganache, and savory fillings like cheese or herbed cream cheese for choux pastry.

Does Mary Berry recommend any special equipment for making choux pastry?

Mary Berry recommends using a wooden spoon for mixing and a piping bag with a plain nozzle for shaping the choux pastry.

How can I store Mary Berry's choux pastry?

Mary Berry advises storing baked choux pastry in an airtight container at room temperature for up to 2 days or freezing for longer storage.

What common mistakes does Mary Berry warn against when making choux pastry?

Mary Berry warns against adding eggs too quickly, not cooking the dough enough initially, and opening the oven door during baking, as these can cause the pastry to collapse.

Additional Resources

Choux Pastry Recipe Mary Berry: A Classic Approach to an Elegant French Pastry

choux pastry recipe mary berry stands as a testament to the celebrated British baker's ability to demystify traditional baking techniques for home cooks. Mary Berry, renowned for her straightforward yet reliable recipes, offers a version of choux pastry that balances authenticity with accessibility. This article explores the nuances of Mary Berry's choux pastry recipe, evaluating its structure, techniques, and how it compares with other prominent recipes in the realm of French pâtisserie.

An In-Depth Look at Mary Berry's Choux Pastry Recipe

Choux pastry, or *pâte à choux*, is the foundational dough behind iconic French desserts such as *éclairs*, *profiteroles*, and *gougères*. Unlike ordinary pastries, choux dough is unique because it relies on steam rather than chemical leaveners to rise during baking, resulting in hollow, crisp shells perfect for filling. Mary Berry's take on this complex pastry is particularly appealing for its clarity and reliability, making it a go-to for both novices and seasoned bakers.

Her recipe typically involves a precise balance of water, butter, flour, and eggs, cooked and mixed in a specific sequence to achieve the ideal dough consistency. The method begins by boiling water and butter together, then incorporating flour to create a *panade*, which is cooked gently to remove excess moisture. Eggs are then beaten in gradually, transforming the dough into a smooth, pipeable batter.

Mary Berry's instructions emphasize the importance of exact measurements and stepwise technique,

which helps prevent common pitfalls such as dough that is too wet or too dry, leading to flat or dense pastries. This attention to detail is a hallmark of her recipes and contributes to the high success rate reported by home bakers following her guidance.

Key Features of Mary Berry's Choux Pastry

When analyzing Mary Berry's choux pastry recipe, several features stand out:

- **Simplicity and Accessibility:** The recipe uses common kitchen ingredients without requiring specialty items, making it accessible for most home cooks.
- **Detailed Technique:** Step-by-step cooking instructions ensure the flour is properly cooked into the butter-water mixture, which is critical for structure.
- **Egg Incorporation:** Gradual addition of eggs allows for precise control of dough texture, which is essential to achieving the characteristic puff during baking.
- **Versatility:** The resulting choux pastry can be adapted for sweet or savory applications, reflecting Mary Berry's practical culinary philosophy.

Comparative Evaluation: Mary Berry's Recipe vs. Traditional French Techniques

In comparison to classic French choux pastry recipes, Mary Berry's version is notably approachable but remains faithful to traditional principles. French pâtisserie often requires meticulous temperature control and advanced handling, such as straining the dough or using specific flours. Mary Berry simplifies these steps without compromising the final product's integrity.

For instance, some French recipes call for resting the dough before piping or incorporating additional eggs for a higher rise. Mary Berry's recipe, however, focuses on achieving the right dough texture during mixing, eliminating the need for resting and thus reducing preparation time. This approach suits the home baker's rhythm and kitchen environment while still delivering well-risen, hollow pastries ideal for filling.

Pros and Cons of Mary Berry's Choux Pastry Recipe

Evaluating the recipe from an analytical perspective reveals both strengths and minor limitations:

1. Pros:

- Highly reproducible results due to clear instructions

- Minimal ingredient list and kitchen equipment needed
- Flexibility for both sweet and savory dishes
- Encourages confidence in baking technique

2. Cons:

- Less emphasis on advanced finishing techniques like glazing or filling
- May yield slightly less delicate texture compared to professional pâtisserie choux
- Some users report needing practice to perfect the egg incorporation step

Practical Tips for Success with Mary Berry's Choux Pastry

Achieving the perfect choux pastry requires attention to specific technical details. Mary Berry's recipe inherently guides bakers through these, but additional pointers can enhance results:

- **Use Fresh Eggs:** Fresh eggs contribute to the dough's elasticity and rise.
- **Cook the Flour Mixture Thoroughly:** Ensure the panade loses the raw flour taste by cooking until it forms a ball and leaves the pan's sides.
- **Incorporate Eggs Gradually:** Adding eggs one at a time allows better control of dough consistency.
- **Pipe Consistently:** Uniform piping shapes promote even cooking and aesthetically pleasing pastries.
- **Don't Open the Oven Early:** Sudden temperature drops can cause choux to collapse.

Variations Inspired by Mary Berry's Choux Pastry

While Mary Berry's base recipe is versatile, it also lends itself well to creative adaptations:

- **Cheese Gougères:** Incorporate grated cheese such as Gruyère into the dough before baking for a savory twist.
- **Chocolate Éclairs:** Fill baked choux with pastry cream and top with chocolate glaze for a classic dessert.
- **Herbed Choux:** Add fresh herbs or spices to the dough for an aromatic flavor profile suitable for appetizers.

These variations underscore the adaptability of Mary Berry's choux pastry recipe, making it a valuable foundation for a range of culinary applications that extend beyond traditional French pastries.

Mary Berry's Choux Pastry in the Context of Home Baking Trends

In recent years, there has been a marked resurgence of interest in classic pastry techniques among home bakers, fueled by the rise of baking shows and online tutorials. Mary Berry's choux pastry recipe aligns well with this trend, marrying traditional methods with clear, approachable instructions that encourage experimentation.

Moreover, as demand grows for homemade desserts and artisan pastries, recipes like Mary Berry's provide an important bridge between professional pâtisserie standards and home baking realities. This democratization of complex baking skills enhances culinary literacy and inspires confidence among amateurs.

From an SEO perspective, searches for "choux pastry recipe Mary Berry" often indicate users seeking trustworthy, easy-to-follow recipes with proven results. This recipe fits perfectly into that niche, offering a solution that is both authentic and user-friendly.

The recipe's presence across multiple platforms, including Mary Berry's official cookbooks and televised cookery programs, further cements its reputation and accessibility, making it a staple reference for anyone interested in mastering choux pastry.

In sum, Mary Berry's choux pastry recipe not only exemplifies the intersection of tradition and modern home baking but also serves as a reliable guide for those looking to explore the delicate art of French pastry with confidence and clarity.

[Choux Pastry Recipe Mary Berry](#)

choux pastry recipe mary berry: *Mary Berry: The Queen of British Baking - The Biography* A.S. Dagnell, 2013-10-07 Mary Berry is one of Britain's most respected and well-loved gurus of the kitchen. The undisputed Queen of the Aga has been the focus of many television shows and regularly contributes her expertise on Woman's Hour. The recent hit BBC show The Great British Bake Off has once again put Mary back into the limelight and has reignited a passion for baking across the nation.

Inspired by domestic science classes at school, Mary took a catering course at her local college before gaining a qualification from the Cordon Bleu school in Paris. After a stint working for the Electricity Board where she demonstrated to new owners of electric cookers how to operate them by cooking a Victoria sponge, and then as editor of *Housewife* and *Ideal Home* magazine, Mary published her first cookbook, *The Hamlyn All Colour Cookbook*, in 1970 and hasn't looked back since. As well as cookery books, Mary has collaborated with her daughter Annabel to produce their own range of dressings and sauces which are now sold worldwide. But her personal life has also been touched by tragedy, as her son William was killed in a car accident at the age of just 19. With over 70 cookbooks under her belt, there is no doubt that Mary Berry is one of Britain's most successful cookery writers. Awarded the CBE in 2012, her gentle personality and classic family cooking style are a remarkable contrast to some of the more outspoken celebrity television chefs just one of the reasons why, even after over 40 years in the industry, she is so well loved. This is her fascinating story.

choux pastry recipe mary berry: *Mary Berry's Baking Bible* Mary Berry, 2012-03-31 The definitive baking collection from the undisputed queen of cakes This stunning cookbook brings together all of Mary Berry's most mouth-watering baking recipes in a beautifully packaged edition. Filled with 250 foolproof recipes, from the classic Victoria Sponge, Very Best Chocolate Cake and Hazelnut Meringue Cake to tempting muffins, scones and bread and butter pudding, this is the most comprehensive baking cookbook you'll ever need. Mary's easy-to-follow instructions and handy tips make it ideal for kitchen novices and more experienced cooks alike, and full-colour photographs and beautiful illustrations will guide you smoothly to baking success. Drawing on her years of experience to create recipes for cakes, breads and desserts, Mary Berry's *Baking Bible* will prove to be a timeless classic.

choux pastry recipe mary berry: *Mary Berry's Traditional Puddings and Desserts* Mary Berry, 2011-07 A delicious collection of easy-to-follow dessert and pudding recipes from one of the best-known cookery writers in the UK, Mary Berry Using her expertise of traditional family cooking, Mary Berry in *Traditional Puddings and Desserts* shows how to make over 160 puddings and desserts, from old favourites, to variations on classic recipes and new mouth-watering ideas. Choose from a variety of pies, tarts, cakes, meringues and ice creams. A visual recipe chooser makes it easy for you to select a dish to suit your mood. Tips and techniques, such as how to make a pastry and decorate with chocolate, will help you hone your skills to perfection. Plus, preparation tips help you save time in the kitchen. Essential for anyone who likes their meals to end with a real treat! All recipes previously published in Mary Berry's *Complete Cookbook*.

choux pastry recipe mary berry: *The Great British Bake Off: How to Bake* Linda Collister, Mary Berry, 2011 Twelve new amateur bakers are ready to rise to the Great British Bake Off challenge. While they don their aprons, adjust to their new ovens, and get used to baking in a tent, this book takes you through the challenges from the series and shows you how to achieve baking perfection. Throughout the book, Mary and Paul are on hand with expert advice and practical tips to help you create perfect cakes, biscuits, breads, pastries, pies, and teatime treats every time. Each chapter begins with a specific baking skill, which, once mastered, allows you to tackle Mary and Paul's technical challenges, as seen on the show, with confidence. There are over 120 recipes in this book, including traditional British bakes and imaginative twists using classic ingredients, as well as the best contestant recipes from the series. There is plenty to challenge keen bakers here, from brandy snaps to elaborate pastries, pavlovas to iced celebration cakes, and with a sensuous and yet practical design and full-color, step-by-step photography, this really will become the baking book that you will turn to for years to come. Includes metric measures and conversion chart.

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everyday ingredients and a clever twist.

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choux pastry recipe mary berry: The Tante Marie's Cooking School Cookbook Mary S. Risley, 2009-09-29 Have you ever read a recipe that called for artichokes and wondered just how to trim them, or wanted to learn the proper way to use a pastry bag? While most cookbooks provide home cooks with only recipes, The Tante Marie's Cooking School Cookbook provides recipes and detailed cooking techniques -- it's like going to cooking school without ever leaving your home. With more than 250 delicious yet approachable recipes and countless techniques, The Tante Marie's Cooking School Cookbook enables readers to become familiar with the basics of cooking and then encourages them to improvise. Because the recipes have been tested in the San Francisco kitchens of Tante Marie's by hundreds of students, home cooks can be assured that they are virtually foolproof. Having guided thousands of students through the world of French cooking for the past thirty years, renowned cooking teacher Mary Risley is well aware of common mistakes made in the kitchen. Risley troubleshoots a multitude of problem areas for cooks (such as what to do if your soup is too thick, or not thick enough), allowing home cooks to avoid common pitfalls. With variations provided for many dishes and instructions on how to cook without recipes, more advanced home cooks can start to create dishes on their own. From delicious hors d'oeuvres like Fava Bean Crostini with Pecorino and Miniature Shrimp Quiches and Asparagus-Fontina Pizza with Truffle Oil, to enticing entrees like Roast Chicken with New Potatoes and Olives, Halibut Baked with Warm Shallot Compote, and Herbed Rack of Lamb with Béarnaise Sauce, Risley presents an impressive array of French-inspired recipes for contemporary American tastes. Classic recipes are updated with modern twists in dishes such as Fresh Pea Soup with Cilantro and Meyer Lemon Crème Brûlée. Delectable dessert recipes include Grand Marnier Soufflé, Gingerbread Napoleon with Poached Pears and Caramel Sauce, Compote of Fresh Berries with Lemon Verbena Ice Cream, and classic Tiramisù. Additional chapters on first courses, soups, salads, pasta and risotto, fish and shellfish, vegetables, breads, cookies, chocolates, cakes, and pastries offer the home cook a recipe for every occasion. Risley also provides in-depth discussions on ingredients such as cheese, chocolate, truffles, and planned leftovers. A section of Suggested Seasonal Menus as well as a chapter of foundation recipes for accomplished cooks complete this wonderful volume. Illustrated with gorgeous black-and-white drawings, The Tante Marie's Cooking School Cookbook will become the cookbook you can't live without. It's the next best thing to having a cooking instructor cook right beside you.

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choux pastry recipe mary berry: The Great British Bake Off - Everyday Linda Collister, 2013 This is a new book to accompany the 2013 series of the popular BBC competitive baking TV show 'The Great British Bake Off'. It contains over 100 straightforward, yet super sumptuous, everyday recipes ranging from large and small cakes, to biscuits, cookies, pastry, breads, puddings and more.

choux pastry recipe mary berry: The Oxford Companion to Food Alan Davidson, 2006-09-21 The Oxford Companion to Food by Alan Davidson, first published in 1999, became, almost overnight,

an immense success, winning prizes and accolades around the world. Its combination of serious food history, culinary expertise, and entertaining serendipity, with each page offering an infinity of perspectives, was recognized as unique. The study of food and food history is a new discipline, but one that has developed exponentially in the last twenty years. There are now university departments, international societies, learned journals, and a wide-ranging literature exploring the meaning of food in the daily lives of people around the world, and seeking to introduce food and the process of nourishment into our understanding of almost every compartment of human life, whether politics, high culture, street life, agriculture, or life and death issues such as conflict and war. The great quality of this Companion is the way it includes both an exhaustive catalogue of the foods that nourish humankind - whether they be fruit from tropical forests, mosses scraped from adamantine granite in Siberian wastes, or body parts such as eyeballs and testicles - and a richly allusive commentary on the culture of food, whether expressed in literature and cookery books, or as dishes peculiar to a country or community. The new edition has not sought to dim the brilliance of Davidson's prose. Rather, it has updated to keep ahead of a fast-moving area, and has taken the opportunity to alert readers to new avenues in food studies.

choux pastry recipe mary berry: Mary Berry's Desserts and Confections Mary Berry, 1991
A collection of more than 200 recipes, each illustrated with step-by-step photographs and finished with each dish shown in colour. All the recipes have been triple-tested for guaranteed, foolproof success each time. Full page features show how to garnish, decorate and serve. This book also includes an appendix reference section of easy-to-follow information covering general techniques, basic recipes for sweet sauces, icing and fillings, pastry, piping and decorating techniques as well as handy hints and tips. Mary Berry has written over 20 books on cookery and has featured on television programmes such as After Noon Plus and Celebrations.

choux pastry recipe mary berry: Home-made Wines, Confectionery and Sweets Mary Bolton, 1957

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choux pastry recipe mary berry: Great British Bake Off: Everyday Linda Collister, 2013-08-02
This book is for the baker who wants to whip up a cake for an office party, traybake for a kid's birthday or pudding to follow a simple supper. Using straightforward, easy-to-follow techniques, there are foolproof recipes for cakes, traybakes, bread, biscuits, tarts, pies, puddings and desserts. If you are a confident baker or ready to move onto the next stage, each chapter also showcases the best recipes from the series - Mary and Paul's Signature Bakes, Technical Challenges and Showstoppers, plus the best bakers' recipes from series 4. There are step-by-step photographs to guide you through the more complicated techniques and beautiful photography throughout, making this the perfect gift for all bakers. The finalists' recipes will be available after the final has transmitted in October. For more information go to: www.bakeoffbook.co.uk.

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choux pastry recipe mary berry: *Creative Éclairs* Ruth Clemens, 2014-03-20 A top baking blogger, bestselling cookbook author, and Great British Bakeoff finalist shows you anyone can make delicious éclairs at home. Choux is often thought of as being difficult to make, but if you follow Ruth Clemens's rules, you'll find it's the quickest and easiest pastry you'll ever make. In this step-by-step guide, you will find: · Foolproof advice on making and piping choux pastry · Simple recipes for delicious fillings and toppings · Easy steps for filling, dipping, and splitting éclairs · Quick tips for making sugar flowers and decorations Discover just how easy it is to make choux for any occasion—from classic chocolate éclairs to fun, fruity flavors, scrumptious profiteroles, to an impressive croquembouche. All the tips and tricks you need are right here!

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