Nan-e khamehi

Cream Puffs

FILLING
1 cup heavy cream (8 ounces)
6 tablespoons sugar
1 tablespoon rose water
Zest of 1 orange

DOUGH
1 cup cold water
¼ teaspoon sea salt
6 tablespoons butter (unsalted), diced into small pieces
1 teaspoon vanilla extract
1 tablespoon rose water
1 cup unbleached all-purpose flour, triple sifted
4 eggs (room temperature)

DUSTING
1 cup confectioners’ sugar
¼ cup ground pistachios
1 tablespoon dried rose petals

Makes: 24 pieces
Preparation time: 20 minutes
Cooking time: 20 minutes

1. Line 2 baking sheets with baking mats or parchment paper. Place the oven rack in the middle and preheat oven to 425°F (220°C).

2. To prepare the filling, in a mixing bowl, combine the cream, sugar, rose water, and orange zest, and whip at high speed until soft peaks form. Cover and keep chilled.

3. For the dough, in a heavy-based medium saucepan over medium heat, combine the water, salt, and butter, and bring to a boil, stirring well with a wooden spoon. Add the vanilla and rose water. Reduce heat to very low and add the flour, all at once, stirring constantly (3 to 5 minutes) until you have a stiff paste.

4. Remove from heat and continue to stir for 4 to 5 minutes as the dough cools.

5. The temperature of the mixture at this stage is very important; use a candy thermometer to be sure it is around 150°F (65°C). Add 1 egg and stir for 1 minute. The dough becomes glossy and silky. Continue to stir for another minute until the egg has been absorbed and the dough is no longer glossy. Continue adding the eggs, 1 at a time, stirring each time an egg is added until the dough is no longer glossy. The dough should be light, smooth, and airy.

6. Use an ice cream scoop to drop the dough onto the prepared baking sheets, leaving 2 inches between each dollop to allow for expansion. Bake for 20 minutes.

7. Without opening the oven door, reduce heat to 350°F (180°C) and continue to bake for another 20 to 25 minutes or until the puff pastries are golden.

8. Remove from the oven, poke a whole in the pastry to allow steam to escape, and allow to cool thoroughly on a cooling rack.

9. Prior to serving, use a pastry bag or zip-lock bag to squeeze the chilled filling into the pastry until full. Repeat for all the pastry. Dust with confectioners’ sugar, ground pistachios, and rose petals. Nush-e Jan!