

Recipe for: CREAM PUFFIN SWEETIE PIES



Cookie Heads

- 1 cup butter (you can use up to 1/2 cup shortening which may help strengthen them)
- 1 cup sugar
- 2 eggs
- 1 1/2 tsp vanilla
- 3 C flour
- 1 tsp salt
- food coloring (red and yellow)
- 1/4 to 1/3 cup extra dark baking cocoa

NOTE: We have made the cookie heads in various ways – either by frosting white sugar cookies cut into puffin head shapes, or by using the recipe below to make a shaped and colored log of refrigerator cookies to slice from. One could also make candy heads from colored fudge or marzipan. For our latest large project, I thought it would be quicker and easier to make a roll of dough and cut the pre-colored heads as slices. I'm not sure it was easier, but it worked. We added the eyes later, but they could potentially be worked into the original design, as could blue on the beak for greater accuracy.

Cream butter and sugar. Add vanilla and eggs and beat. Gradually add in flour/salt mixture and mix until smooth. Take one half of the dough; add cocoa and mix. Divide other half of dough into two sections. Add red and yellow food coloring to one section to make orange; keep other dough white.

Roll dough between 2 sheets of waxed paper to the following approximate thicknesses – **white:** 1/2 inch; **orange:** 3/8 inch; **half of chocolate:** 1/8 inch; **other half chocolate:** 3/8 inch. Refrigerate for one hour. Take out one section to work with at a time so that the dough stays stiff.

Remove and peel back top layer of waxed paper. Cut white dough into 1/2 inch strips. Roll strips to create tube shapes. Cut orange dough into long triangular strips (may require some working with the hands) and stick to side of white dough. Cut strips of thin rolled chocolate dough into about 1 inch

strips. Wrap this around white tube, meeting up with orange triangle on each side. Attach a 1/2 inch strip of the thicker chocolate dough to bottom of the head as a neck.

Return to the refrigerator for one hour (or until hard), and then slice the roll into 1/4 inch thick pieces.

Bake in a pre-heated oven at 350 degrees for about 6 minutes, but be sure to keep an eye on them, as they do cook *quickly!*



Pate a choux Bodies

- 1 cup flour
- 1 cup water
- 3/4 stick butter
- dash salt
- dash pepper
- 1 tsp sugar
- dash nutmeg
- 4 large eggs at room temperature

Bring water, butter, salt, pepper, sugar, and nutmeg to a boil. Add in flour all at once and stir quickly with a wooden spoon, until dough is formed and becomes a cohesive lump. There should be a little skin forming on the pan bottom. Remove from heat and wait a couple of minutes until the mixture in the pan is just cool enough so as not to cook the eggs when you add them. Break one egg into central well and stir until absorbed.

Repeat the process with the remaining eggs, adding one at a time, and beating with wooden spoon until absorbed. Put into pastry bag (or plastic bag with corner cut off) and squeeze oval shapes (about 2 1/2 inches long and 1 1/2 inches wide) onto nonstick or greased cookie sheet.

Bake in a pre-heated 425 degree oven for 20 minutes (according to Julia). *Note: I found that they could bake at any temperature (longer time) in a funky old propane oven, watching to see when light brown, and occasionally picking one up to test when it was light and puffy.* Remove from oven and cut a 1-inch opening at one end (to vent moisture, and also for putting in the filling later. It will also help to hold head upright). If you are not baking more batches, you can return them to the (turned off, but still warm) oven for 10 minutes to evaporate a bit more moisture.

Creamy Filling

- 1 large box instant vanilla pudding
- 2 1/4 cups light cream (milk may be substituted)

Put pudding mix and cream into a gallon size Ziploc bag and “shake, shake, shake” for 4 or 5 minutes to mix. Refrigerate until at least partially set, then cut off corner of bag and squeeze into opening in puff body. You may mix pudding in a bowl and fill puffs using a washable pastry bag to be a bit more ecologically sound.

Chocolate Frosting

- 1 cup confectioner’s sugar
- 1/4 cup cocoa
- 2 tbsp butter
- 1/4 cup water

Heat butter and water; add sugar and cocoa, and mix until smooth. Add more water or milk if necessary. Apply to back of puffin with a brush or spoon.

Assembly

Fill cream puff(in) with pudding. Brush chocolate onto back. Slide puffin head into place (in the previously cut 1-inch opening), and add the puffin’s eyes by using chocolate frosting on a toothpick, or a small tube of decorative gel.

Serve

Cream Puffins can be served with green tea to represent the ocean. If you’d like to have a “global warming tea party”, you can also carve sugar cubes to resemble tiny polar bears on ice floes, and then watch them dissolve in the warm sea.