



Carpathian Cake with Pea Choux Pastry



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Introduction

Karpatka z groszkiem ptysiowym is a delightful Polish dessert that combines the lightness of choux pastry with a creamy filling. This unique cake offers a perfect balance of textures and flavors, making it a popular choice for special occasions and family gatherings. In this article, we will explore the ingredients needed, preparation time, cooking time, and the yield for this exquisite treat.

Detailed Ingredients with measures

For the choux pastry:

- Water: 250 ml
- Butter: 100 g
- All-purpose flour: 150 g
- Eggs: 4
- Salt: a pinch

For the cream filling:

- Milk: 500 ml
- Sugar: 150 g
- Cornstarch: 50 g
- Vanilla extract: 1 tsp
- Butter: 100 g
- Whipped cream: 200 ml

For the topping:

- Powdered sugar: for sprinkling

Prep Time

The preparation time for Karpatka z groszkiem ptysiowym is approximately 30 minutes. This includes the time needed to prepare the choux pastry and the cream filling.

Cook Time, Total Time, Yield

The cooking time for the choux pastry is around 25 minutes. Therefore, the total time needed to make this delicious cake is about 55 minutes. This recipe yields approximately 10 servings, perfect for sharing with friends and family at any gathering.



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Detailed Directions and Instructions

Prepare the Choux Pastry

To start, preheat your oven to 200°C (390°F). In a pot, bring 250 ml of water to a boil along with 100 g of butter and a pinch of salt. Once boiling, remove it from heat and add 150 g of flour all at once, stirring vigorously until a smooth dough forms.

Incorporate Eggs

Allow the dough to cool slightly before adding 4 eggs one by one, mixing well after each addition to achieve a smooth consistency.

See also Pineapple Cream Pie

Pipe the Dough

Transfer the dough to a piping bag fitted with a round tip. On a baking tray lined with parchment paper, pipe the dough into two equal rectangles, each about 30×20 cm in size.

Bake the Pastry

Bake the rectangles in the preheated oven for about 25-30 minutes until they are golden and puffed up. Do not open the oven door during the first 20 minutes of baking.

Prepare the Cream Filling

In a bowl, whisk together 500 ml of milk and 2 eggs. In another bowl, combine 120 g of sugar, 40 g of flour, and a pinch of salt. Gradually mix the hot milk into the sugar mixture, then return it to the pot and cook over low heat, stirring continuously until the cream thickens.

Add Butter and Flavor

Remove the cream from heat and add 100 g of softened butter and a teaspoon of vanilla extract. Stir until fully combined and smooth.

Assemble the Cake

Once the choux pastry has cooled, cut each rectangle in half horizontally. Spread the cream filling generously over one half and top with the second half. Repeat with the remaining rectangles.

Notes

Serving Suggestion

Karpatka is best served chilled, allowing the flavors to meld together.

Storage Instructions

Store the assembled cake in the refrigerator for up to three days, ensuring it's covered to keep it fresh.

Customization Tips

Feel free to add fruit or chocolate pieces to the cream filling for added flavor and texture.

Baking Tips

Do not open the oven door during the baking time to prevent the pastries from collapsing.

See also [Gooey Brownie Pie](#)

Ingredient Substitutions

You can substitute butter with margarine or a plant-based alternative for a dairy-free version.



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Cook techniques

Choux Pastry Preparation

Choux pastry is light and airy. Ensure that you properly cook the dough until it forms a smooth ball and pulls away from the sides of the pan.

Whipping Cream

Whip the cream until soft peaks form for a light texture. Be careful not to over-whip, as it can turn grainy and become butter.

Filling Application

When filling the choux pastry, use a piping bag for precision. This helps in evenly distributing the cream into each puff.

Layering

Creating layers is essential for the structure of the dish. Take care to let each layer cool before adding the next to maintain texture and prevent sogginess.

FAQ

Can I use a store-bought cream for filling?

Yes, you can use store-bought whipped cream, but homemade cream often tastes fresher and richer.

What can I substitute if I don't have a piping bag?

A zip-lock bag with a corner cut off can be used as an alternative to a piping bag.

How do I know if my choux pastry is done?

The pastry should be puffed and golden brown. A toothpick inserted should come out clean.

Can I make this recipe ahead of time?

Yes, you can prepare the components in advance, but assemble the dish just before serving to keep it fresh.

Is there a gluten-free version of choux pastry?

Yes, you can substitute regular flour with a gluten-free flour blend, but results may vary.



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Conclusion

Creating a delicious Karpatka with choux pastry offers a delightful twist to traditional desserts. The creamy filling and light, airy texture make it a perfect treat for any occasion. This recipe showcases how creative use of ingredients can elevate classic flavors, leaving an impression on anyone who tries it.

See also Lemon Bars

More recipes suggestions and combination

Fruit Tart with Cream Filling

A delightful fruit tart made with a buttery crust and filled with pastry cream, topped with seasonal fruits for a refreshing dessert.

Chocolate Eclairs

Classic eclairs filled with rich chocolate cream and drizzled with a glossy chocolate glaze, perfect for chocolate lovers.

Lemon Curd Choux Buns

Light choux buns filled with tangy lemon curd and whipped cream, offering a zesty dessert experience.

Vanilla Pudding Parfait

Layered vanilla pudding with fresh berries and whipped cream for a simple yet elegant dessert option.

Custard and Berry Tarts

Mini tarts filled with smooth custard and topped with a medley of fresh berries, adding a burst of flavor to your dessert platter.



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