



PROFITEROLES

MISE EN PLACE

- Preheat your oven to 400 F.
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PROFITEROLES *(makes 24 to 30 small profiteroles)*

Recipe by Kathryn Joel

110 g (4 oz, 1 stick) unsalted butter, cut into small cubes

130 g (1 cup) all-purpose flour

1 tbps sugar

Pinch of salt

*1 cup water, or use ½ cup water and ½ cup milk**

4 large eggs

Chantilly cream (recipe follows)

Chocolate sauce (recipe follows)

2 baking sheets, lined with parchment paper

**NOTE: All water will give you crisper choux puffs, or adding milk will enrich them and increase browning but will result in choux puffs that are less crisp.*

- Preheat your oven to 400°F.
- In a bowl, whisk together the flour, sugar and salt.
- Place the water and butter in a medium-size pan and heat slowly until the butter melts, then turn up the heat and bring to the boil, turning the heat down to the lowest setting as soon as it starts to boil.
- Immediately beat in all of the flour with a wooden spoon – continue beating vigorously until the mixture comes away from the sides of the pan and has a nice sheen.
- Transfer the choux pastry to a bowl, then beat in the eggs, one at a time, beating vigorously after each addition of egg until it is fully incorporated. You

can also use a stand mixer, fitted with the paddle attachment. The finished Choux pastry should be thick and glossy with a nice “dropping consistency”.

- Pipe or spoon the choux pastry onto parchment lined sheet pans, forming 2 1/2 inch mounds and spacing them out well since they will rise significantly.
- Use a wetted finger to smooth the tops of the choux pastry mounds.
- Bake in the centre of the oven for 20-25 minutes until golden brown and cooked through.
- While still hot use a paring knife to make a hole in the bottom of each choux bun – this will release steam and help keep them from getting soft.
- Cool on a rack.
- Once cool use a serrated knife to cut off the tops and spoon or pipe in the chantilly cream.
- Top with the “lids” and serve, finished with warm chocolate sauce.

CHANTILLY CREAM

Recipe by Kathryn Joel

1 cup whipping cream, chilled

1 tbsp sugar

½ tsp pure vanilla extract

Pinch of salt

Optional: St. Germaine, Brandy, Grand Marnier, Amaretto etc, to taste

- In a large bowl, combine the chilled cream with the sugar, vanilla and a pinch of salt.
- Use a whisk to softly whip the chilled cream. Alternatively use a stand mixer with the whisk attachment.
- Stir in the (optional) liquer to taste.

CHOCOLATE SAUCE

Recipe by Kathryn Joel

100 g dark chocolate callets, we use callebeaut

150 ml whipping cream

1 tbsps golden syrup or agave syrup, or use sugar*

1 tbsp unsalted butter, at room temperature

Pinch of salt

**NOTE: using syrup instead of sugar will give your ganache a sheen.*

- Heat a couple of inches of water in a pan to make a double boiler and heat to a boil. Turn down the heat.
- In a bowl that sits on top of the pan snugly, combine the chocolate, sugar, cream, butter and pinch of salt.

- Place the bowl over the water, keeping it at a gentle simmer, and stir until the cream is hot and the chocolate has melted.
- Adjust the sugar to your taste.

EQUIPMENT

Weighing scale (highly recommended)

Bowls

Measuring cups and spoons

Sheet pans

Parchment paper

Stand mixer with paddle attachment and whisk (optional)

Whisk

Piping bags (optional) with ½ inch plain round tip (for choux pastry) and a star tip