

Profiteroles



🕒 1 hr 35 📦 kcal 80 (each) 👥 4 – 6 👨‍🍳 Bit Tricky

Ingredients: 

For the pastry :

- 200 ml Water
- 85 g Butter
- 115 g (4oz) Plain flour
- 4 teaspoons of Caster Sugar
- 2 Eggs
- Half a teaspoon of Salt.

For the Cream :

- 600 ml of double cream
- 3 - 4 tsp of orange Essence

For the Chocolate Sauce :

- 200 g Milk or Plain Chocolate
- 100 ml water
- 4 oz Caster Sugar

Method :

For the Choux Pastry :

- Put the water , Butter & Sugar into a saucepan and heat gently.
- Mix the salt into the flour
- When the butter has all melted and the water is almost boiling , turn up the heat and quickly add all of the flour and salt.
- Remove from the heat , and with a wooden spoon mix together until all of the ingredients form a glossy ball of pastry that does not stick to the pan.
- Set the mix aside in a separate bowl to cool off for 10 minutes.
- In another bowl , beat up your eggs and set aside.
- When the mixture has cooled you can add your eggs and start combining them with a fork. The eggs will not mix in at first so keep mixing until they eventually combine to make a shiny thick but slightly drippy pastry dough.

For the Cream Filling :

- Tip the double cream into a large jug or bowl.
- Add the Orange Essence and mix with a whisk until the cream is thick and has peaks when you lift the whisk out.
- If you prefer , you can use an electric whisk or blender for this job.

For the Chocolate Sauce :

- Put the water and sugar into a saucepan and bring to the boil.
- When the water is boiling , reduce the heat to a simmer.
- Place a glass bowl on top of the pan and add all of the chocolate to the bowl.
- Allow the chocolate to fully melt , then remove the lot from the heat.
- Combine the water from the saucepan into the melted chocolate and mix together well to make a thick chocolate sauce.

Making the Profiteroles :

- Heat your oven to 180 c.
- Put some lightly greased oven paper onto a flat oven tray.
- Fill up your piping bag with the choux pastry mix. With no nozzle attached start piping out the buns onto the oven tray. The circumference of the uncooked profiteroles should be no more than a 10 pence piece. Make them small as they will more than double in volume.
- Make sure that you leave at least 1 inch between each profiterole.
- Cook the profiteroles in the oven for 25 minutes until a nice rich brown colour.
- Cool the buns down on a wire rack for a few hours before adding the cream.
- Get your cream into a piping bag , and make a small hole in the bottom of each bun.
- Using a piping bag with a long thin nozzle pipe the cream into each profiterole.

' Serve about 6 per portion with the hot chocolate sauce. Why not add some ice cream as well ...? '

' For me , when I think of a classic desert 'profiteroles' spring right to the front. These French Choux buns are delicious. Filled with rich cream and smothered in chocolate sauce, who can resist the contrast of hot sauce and cold cream in a sweet pastry ?'