



Julia's Cuisine

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Profiteroles

Makes approximately 50 - 60

Ingredients for Profiteroles

1 cup water
5 1/3 tablespoons (about 3 ounces) unsalted butter
1 tablespoon plus 1 teaspoon sugar
1/8 teaspoon salt
1 cup all-purpose flour
4 to 5 large eggs

Ingredients for Chocolate Sauce

8 ounces semisweet chocolate, finely chopped
1 cup heavy cream
1/2 cup light corn syrup

Ingredients for Filling

210 ml of whipping cream
1 tablespoon of sugar

Method for Profiteroles

doing this, along with scrapping down the sides, until all 4 eggs are added. Now you need to decide if you need that 5th egg. Honestly, sometimes I need it and sometimes I don't. To test the dough, get a rubber spatula and lift some of the dough. If it slowly falls off, the dough is fine. If it is just a big clump, add the Preheat oven to 450 c. with rack in the middle of the oven. Line & grease two baking sheets with parchment paper. Set up your mixer with a large mixing bowl and set aside.

Meanwhile, combine water, butter, sugar and salt in a medium saucepan and bring to a simmer over medium-high heat. Reduce the heat to medium and add all the flour. Stir the mixture using a wooden spoon very quickly. You will notice that the dough quickly forms one big lump and it will pull away from the sides of the pan. The dough should look glossy and smooth. You have to continue stirring the dough for about 5 minutes over medium-low heat. The idea is to allow moisture to evaporate from the dough so that when the eggs are added, it will be able to absorb more fat. As the dough cooks, you will start to smell it and steam will rise from it. At this point the dough is ready to be transferred to the mixing bowl.

Once you have transferred the dough, immediately mix with your mixer for a few seconds. This is just to get rid of some of the heat. Now start adding the eggs, one at a time. Beat each egg until it is completely incorporated before adding the next one. Continue extra egg and mix until incorporated.

Next, place the dough into a pastry bag and pipe them onto your baking sheets. You should be able to pipe about 15 – 18 small profiteroles on each sheet. Leave about 1 inch between them as they expand when baking. You can make the profiteroles to whatever size you prefer. I like to make mini ones. So I pipe about a teaspoon each time. Once they are all piped out on the tray, you may notice they have a pointy top. You can gently flatten this out by using the back of a wet spoon. It just takes a minute or so.

Place one tray in the oven at a time. Bake for around 6 to 7 minutes or until they are quite risen. Then reduce heat to 350 and turn the sheet around. Return to the oven for a further 8 minutes or so. They should be slightly golden and hollow on the inside. Take one out and test it. If it is at all gooey, bake for a further few minutes.

Remove from oven and let cool completely. They can be stored in an airtight container for a day or so. I honestly don't like to freeze them as I find they do not taste as good then thawed and reheated. However, many people do, so give it a try if you like. They are most definitely best served the day they are made.

Method for Chocolate Sauce

Place the chocolate in a metal bowl.
Combine the cream and corn syrup in a small heavy saucepan and bring to a simmer. Pour the liquid over the chocolate and allow it to sit for a few minutes, or until the chocolate has melted. Whisk to combine.
This can be used immediately or cooled slightly and stored in an airtight container in the refrigerator for several weeks.

Method for Filling

In a medium glass mixing bowl, add the whipping cream and sugar. Stir well and cover with plastic and refrigerate for about ½ hour. I find it is a good idea to also refrigerate the beaters your mixer as well. If the bowl, cream, or beaters are not cold enough, you take the risk of the cream not reaching its maximum volume.

After the cream is well chilled and the sugar has dissolved, remove from the refrigerator and mix on high speed for about 5 minutes. Watch it carefully and do not over mix or it will curdle. Store in a refrigerator until ready to use.

To assemble your Profiteroles

Pick up a profiterole and with a sharp knife make a small hole in the side of it. Do this for all the profiteroles you are planning to fill. Next, put the cream into a pastry bag and gently put the mouth of the bag into the side of the profiterole and squeeze a small amount of cream. Continue doing this for all the profiteroles.

Now arrange them all on a serving platter, or individual plates. Whichever you are using. Drizzle over warm chocolate sauce and enjoy!