

Profiteroles (Desserts)



Preparation

First of all, make a choux pastry: work together, in a nonstick saucepan, butter, water, sugar, a pinch of salt and put on a low heat. Bring to the boil. Once boiling, turn off the heat and quickly add the flour. Beat vigorously with a wooden spoon until the mixture is well combined and comes away from the sides. Use a pastry bag to pipe the mixture into balls over a baking tray. Preheat the oven, then bake for 15 minutes at 200°C, for 10 minutes at 180°C, and for 8 minutes at a lower temperature with the fan on. Let your pastries cool down. In the meanwhile, make your custard: work egg yolks and sugar until foamy. Pour over milk and sifted flour. Put on a low heat, stirring constantly until the mixture begins to steam and thicken. Use a piping bag to fill your pastries with the custard. Melt your chocolate on a low heat adding two tablespoons of water. Once melted, pour it over the profiteroles previously nicely arranged on a serving tray. Complete with some flakes of whipped cream.

Tips

You can stuff your profiteroles with Italian custard, cream, Chantilly cream, chocolate cream. You can also freeze your cream puffs, provided that you'll defrost them in advance before serving them.

Trivia

Profiterole is a French word that means "small cream puff". In the classic recipe, profiteroles can be stuffed with a either sweet or savoury cream. That's why profiteroles can be an appetizer and a dessert as well. The famous "mountain" of profiteroles is a cake called Saint Honoré

Information

Preparation 60 minutes

Total Time 30 minutes

Serves X Serves 6 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Dark chocolate 450 grams

Water (2 tablespoons of water)

Whipping cream

Water 250 millilitres

Plain flour 150 grams

Butter 80 grams

Salt (a pinch of salt)

Sugar (a teaspoon of sugar)

Eggs 4 units

Plain flour 50 grams

Milk 500 millilitres

Egg yolks 6 units

Sugar 150 grams