



Savor the Moment

“the Cooking Event Experts”

Profiteroles for Dessert and for Croquembouche

These airy puffs are really a great example of culinary magic! Somehow, a few basic ingredients are transformed into a classic pastry treat to be filled, dipped or served in hundreds of ways. Discover the amazing secrets of making classic profiteroles just like the French chefs who first created this magically simple treat!

Profiteroles are great with fresh whipped cream and fruit, ice cream or filled with pudding or pastry cream. Serve with chocolate sauce, caramel, make it your own! This is the same dough pastry chefs use to make eclairs. They pipe dough lengthwise and after cooking and cooling, fill with pastry cream and chocolate glaze.

For the pastry:

¾ cup plus 2 tablespoons all-purpose flour *
¾ cup water
½ teaspoon salt
½ cup unsalted butter, cut in pieces
4 large eggs plus 1 beaten egg to glaze pastry

***Alternate recipe:** for a more complex flavor use this flour blend:

½ cup all purpose flour and ¼ cup plus two tablespoons whole grain pastry flour

For serving on the side:

one pint ice cream, small scoops served on the side with warm chocolate sauce

Or:

For filling cooled hollow puffs:

1 cup of heavy cream whipped with 3 Tablespoons of sugar or pastry cream or our Pumpkin Butterscotch Pudding. Place filling into a medium pastry bag with a narrow tip, pipe filling into profiteroles. Serve immediately with a warm drizzle of sauce.

Makes 20-25 medium puffs and serves 6-8

1. Heat oven to 400°F or 375°F convection.
2. Sift the flour onto a piece of parchment paper. In a medium heavy-bottomed saucepan heat the water, salt and butter until butter has melted. Bring to a boil and immediately remove from heat. Add the flour all at once and beat vigorously with a wooden spoon.
3. Beat until the mixture is smooth and pulls away from the sides of the pan and forms a ball; about 20 seconds. Return the pan to the stove and beat for 30 seconds over very low heat. Remove from heat and cool slightly.
4. Beat in 2 eggs. Add a third egg, beating well.. Whip the last egg with a fork in a small bowl and add it little by little. You may not need all of it. When enough egg has been added, the dough will be shiny and soft enough to fall slowly from the spoon in a “V” shape.
5. Fill a large pastry bag with a round tip with slightly cooled pastry dough or you can drop mounds of dough with a teaspoon. Pipe 1” mounds an inch and a half apart on parchment-lined baking sheets. Brush tops of pastry gently with beaten egg and bake in preheated oven until puffs are firm and dark golden brown, about 20-25 minutes. DO NOT undercook! Puffs will collapse if you do not fully crisp them. Transfer to a cooling rack and with a paring knife, carefully split each puff horizontally near the top leaving top attached to release steam. Serve warm or room temperature with above fillings or sauce.