



# Profiterole - choux pastry dessert

20'  
Hands on

60''  
Hands off

40'  
Cook Time

16-18  
Portion(s)

2  
Difficulty



## Method

### For the chocolate cream

- In a **bowl**, combine cornstarch with about 1/3 of the milk. When the cornstarch dissolves, set aside.
- Pour the remaining milk in a **pot**. Add the sugar and cocoa powder and bring to a boil while stirring continuously.
- Add the cornstarch mixture. Whisk briskly so that no lumps form and cook until it thickens. You want a nice thick, smooth and tasty cream.
- Remove from heat and add the honey and butter while stirring continuously until completely combined.
- If your cream does not turn out smooth you can beat it in a blender until even the smallest lumps disappear.
- Transfer mixture to a container. Cover with plastic wrap, making sure the wrap touches the surface of the cream directly to avoid a film forming on top. Refrigerate to cool completely.
- Mix well before using.

### For the cream filling

- Whisk the egg yolks and ½ of the sugar in a bowl until fluffy.
- Add 2 tablespoons of the milk. Add the cornflower and whisk again.
- In the meantime pour the rest of the milk and the rest of the sugar in a pot but do not stir.
- Place over heat and bring to a boil. As soon as it comes to a boil add a ladleful to the egg mixture and whisk until the eggs start to warm up but not cook.
- Add another 3-4 ladleful's while whisking continuously.
- Pour the egg mixture into the pot and whisk until the cream thickens. You need to whisk continuously over low heat so that the cream doesn't create a film on the bottom of the pot.
- Taste the cream to make sure the cornstarch has been cooked and doesn't have a floury flavor.
- Remove from heat and add the butter, honey and vanilla. Whisk until the butter melts.
- Cover with plastic wrap, making sure the wrap touches the surface of the cream directly to avoid a film forming on top. Refrigerate to cool completely.

### For the choux pastry balls

- Preheat oven to 200\* C (390\* F) Fan.
- In a pot, add the water, milk and butter. Place over heat.
- In a bowl, combine the flour and salt.
- When the butter melts and the milk starts to boil, remove from heat. Add the flour mixture all at once. Stir with a wooden spoon until completely combined.
- Lower heat and place back on stove. Stir briskly for 2-3 minutes, scraping the bottom of the pot with the wooden spoon to remove any pieces of dough that have possible stuck to the bottom.
- Transfer dough to a mixer.
- Crack the eggs in a bowl and set them aside.
- Beat the dough for about 1-2 minutes to help it cool. Add the eggs, one at a time, waiting for each egg to become completely incorporated in the mixture before adding the next. It will be able to take 4 eggs for sure. Break the 5<sup>th</sup> egg open with a fork and

## Ingredients

### For the chocolate cream

- 60 g corn starch
- 600 g milk
- 300 g granulated sugar
- 100 g cocoa powder, sifted
- 1 tablespoon(s) honey
- 1 level teaspoon(s) vanilla powder
- 100 g butter, cut into cubes

### For the cream filling

- 6 egg yolks
- 200 g granulated sugar
- 1 liter milk
- 100 g corn starch
- 100 g butter
- 1 level teaspoon(s) vanilla powder
- 1 tablespoon(s) honey

### For the choux pastry balls

- 125 ml milk
- 125 ml water
- 125 g butter
- 4 g salt
- 150 g all-purpose flour
- 4-5 eggs, medium

## Διατροφικός πίνακας

### Nutrition information per portion

437 Calories (kcal)	23.0 Total Fat (g)	13.0 Saturated Fat (g)	48.0 Total Carbs (g)
22%	33%	65%	18%
34.0 Sugars (g)	8.1 Protein (g)	2.6 Fibre (g)	0.18 Sodium (g)
38%	16%	10%	3%

whisk. Add it to the mixture slowly and add it all, if possible. Your aim is to create a soft, elastic dough that acts sort of like bubblegum when pulled. It should be elastic enough to be pulled without breaking.

- Fill a piping bag with the dough and you are ready to make your petit choux and bake them.
- Line a rimmed baking sheet with parchment paper. Pipe the size of the choux you want onto baking sheet. Optionally, you can brush with a lightly beaten egg to give them an even more golden color.
- Bake for 10 minutes and then lower oven temperature to 180\* C (350\* F) and bake for another 10 minutes.
- Fill a **piping bag** with the cream filling and fill each choux.
- Arrange them on a serving platter and drizzle with chocolate cream.