

## CHOUX PASTRY



Remove the heated butter from the stove and quickly beat in the flour.



Return the pan to the heat and continue beating until the mixture comes together and leaves the side of the pan.



Gradually add the beaten egg, about 3 teaspoons at a time, beating well until all the egg is used and the mixture is thick and glossy.



The mixture is ready when a wooden spoon will stand upright in it.



## PROFITEROLES

**Preparation time:** 20 minutes

**Total cooking time:** 50 minutes

**Makes** 32



### Choux pastry

50 g (1¾ oz) unsalted butter

¾ cup (90 g/3 oz) plain flour, sifted twice

3 eggs, lightly beaten

### Filling

1½ cups (375 ml/12 fl oz) milk

4 egg yolks

⅓ cup (90 g/3 oz) caster sugar

3 tablespoons plain flour

1 teaspoon vanilla essence

110 g (3½ oz) good-quality dark chocolate

2 teaspoons vegetable oil

1 Preheat the oven to hot 210°C (415°F/Gas 6–7). Put the butter in a large heavy-based pan with ¾ cup (185 ml/6 fl oz) water and stir over medium heat until coming to the boil. Remove from the heat and quickly beat in the flour. Return to the heat and continue beating until the mixture comes together and leaves the side of the pan. Allow to cool slightly.

2 Transfer to a bowl and beat to release any more heat. Gradually add the beaten egg about 3 teaspoons at a time, beating well until all the egg has been added and the mixture is thick and glossy—a wooden spoon should stand upright in it. (If it is too runny, the egg has been added too quickly. Beat for several more minutes, or until thickened.) Spoon the mixture onto two baking trays, leaving room for spreading. A heaped teaspoonful of mixture will make 1 small puff. Sprinkle the baking trays with water—this creates steam, helping the puffs to rise. Bake for 20–30 minutes, or until browned and hollow sounding, then remove and make a small hole in the base of each one. Return to the oven for 5 minutes to dry out. Cool on a wire rack.

3 To make the filling, put the milk into a small pan and bring to the boil. Set aside while quickly whisking the yolks and sugar in a bowl, until light and creamy. Whisk in the flour. Pour the hot milk slowly onto the egg mixture, whisking constantly. Wash out the pan, return the milk mixture and bring to the boil, stirring with a wire whisk. Boil for 2 minutes, stirring often. Transfer to a bowl, stir in the vanilla, cover the surface of the custard with plastic wrap to prevent a skin forming, then refrigerate until cold.

4 Pipe the filling into the profiteroles through the hole in the base, using a piping bag and nozzle. Melt the chocolate and oil gently, stir until smooth and dip the profiterole tops in the chocolate.