

# Profiteroles with Chocolate Sauce

## AF DuPage Baking Demonstration with Chef Chris Thielman

March 13, 2021

**Special baking materials: pastry bags and tips, silicone sheet or parchment paper, 13 x 18 inch baking sheet, digital scale**

### Pâte à Choux (éclair paste)

**Large batch yields 40 profiteroles (2 small 13 by 18 inch pans)**

**Small batch yields 20 profiteroles (1 small 13 by 18 inch pan)**

### **Ingredients:**

	<u>Large Batch</u>	<u>Small Batch</u>
Water	290 Grams	145 Grams
Salt	7 Grams	3.5 Grams
Butter, cubed	130 Grams	65 Grams
Bread flour	200 Grams	100 Grams
Eggs	255 Grams	128 Grams
1 additional egg for the egg wash		

### **Method:**

Line a 13 by 18-inch sheet pan with a silicone baking mat or parchment paper.

Preheat oven to 400°.

In a medium saucepan, bring water, salt, and butter to a full boil. Turn heat to low.

Add the bread flour all at once, stirring vigorously with a wooden spoon. Continue to cook and stir until the dough forms a mass and pulls away from the side of the pot (about 1 minute).

Transfer the dough to a mixer with a paddle attachment and mix on medium speed. (You may also mix by hand, but note that hand mixing will take much longer than the time listed.)

Beat for 30 seconds to allow the dough to cool slightly. Crack the eggs into a container, leaving the yolks whole (don't stir). Add 1 egg (white and yolk) at a time into the dough, beating thoroughly after each additional egg. After all the eggs are added, the dough should be shiny and slowly fall from paddle or spoon in a V shape.

Place the dough in a decorating (pastry) bag and pipe out into small rounds, then lightly egg wash. The dough will rise significantly when cooking, so allow room for expansion.

Bake in a 400° oven for 40 minutes. Allow to fully cool, then slice open horizontally.

Place a small scoop of vanilla ice cream inside. Serve with the sauce pooled on the bottom of the plate or drizzled on top of the profiteroles.

## **Chocolate Sauce**

### **Ingredients:**

	<b><u>Large Batch</u></b>	<b><u>Small Batch</u></b>
Water	240 grams	120 grams
Granulated sugar	170 grams	85 grams
Cocoa powder	70 grams	35 grams
Heavy cream	150 grams	75 grams

### **Method:**

In a saucepan, bring sugar and water to a boil. Pour the cocoa powder into the saucepan, stirring thoroughly. Bring back to a boil, then stir in heavy cream. Bring to a very slow lazy simmer and cook for 20 min.

Sauce will thicken upon cooking.

## **Ice Cream**

**For a traditional profiterole, purchase vanilla ice cream – about 1 pint for a small batch, 2 pints for a large batch.**

### **Chef's Notes:**

If you have a smaller hand, use a 14-inch plastic coated decorating (pastry) bag. If you have a larger hand, use a 16-inch plastic coated decorating (pastry) bag.

\*You may also use a 1-gallon size Ziploc-type plastic bag. Cut off a corner and insert the tip before filling the bag with the paste. However, you will not have as much exact control over the piping.

Use a Number 825 open star piping tip (Ateco Brand) **OR** a Number 805 plain decorating tip (Ateco Brand).