



Choux Pastry - Profiteroles

SKILLS YOU WILL LEARN: Choux pastry
Rich chocolate sauce
Whisking and piping cream

INGREDIENTS

75g strong plain flour
50g butter
2 eggs
125ml water

Chocolate sauce:

150g plain cooking chocolate
1 tsp cornflour
1tbsp caster sugar
2 tbsp water

300ml double cream

NUTRITION

Profiteroles are high in sugar and fat and should be eaten as part of a balanced diet. A lower fat custard filling could be used

SCIENCE (Fill the gaps)

Starch in the _____ absorbs the melted fat and boiling water and _____.
Gluten in the _____ stretches and helps the pastry to rise. _____ is the raising agent and is formed in the hot _____. Protein in the eggs _____ in the hot oven causing the pastry to set. _____ in the flour dextrinises with the dry heat from baking and causes the pastry to turn _____

METHOD

1. Pre-heat the oven to gas mark 6 / 200°C.
2. Sift the flour on to a piece of greaseproof paper.
3. Beat the eggs with a fork in a small bowl.
4. Melt the butter in the water in a saucepan.
5. When it starts to boil, remove from the heat.
6. Quickly 'shoot in' the flour and beat the mixture with a wooden spoon very quickly. Do this until it is smooth and leaves the side of the pan.
7. Beat in the egg a little at a time to form a firm smooth paste (you might not need all of the egg).
8. Spoon small balls of paste onto a greased, wetted baking tray.
9. Bake in the pre-heated oven for 20 minutes.
10. Slit with a knife and cool on a cooling rack. Store in an air tight box
11. Make the chocolate sauce by breaking the chocolate into pieces in a small saucepan and heating gently with the sugar, water and cornflour
12. Whisk cream until it stands in soft peaks. Fill the profiteroles with cream by piping into the middle of the profiteroles.
13. Drizzle chocolate sauce over profiteroles before serving.

Safety and quality points

Points to Remember:

To avoid lumps, you must be quick beating in the flour.
Use high quality chocolate with a high % of cocoa solids as it melts better.