

Profiteroles



Ingredients list

For Choux pastry:

- 2½ oz (60 g) strong flour
- 1 level teaspoon caster sugar
- 2 oz (50 g) butter
- 2 large eggs

To serve:

- 200ml/7fl oz double cream
- 1 tsp icing sugar, sifted
- 100g/3½oz milk chocolate, chopped
- 1x piping bag (and nozzle if you have one!)

Equipment list

- Sieve
- Measuring Jug
- Electric whisk
 - Glass bowl
 - Saucepan
- Plastic spoon
- Butter knife
 - Fork
 - Teaspoon
- Baking Tray
- Piping bag (if you have one from home!)

Sieve the flour and sugar into a bowl.

Beat eggs with a fork in a measuring jug

Put **150ml of cold water** and chopped butter in a saucepan and place on a low/medium heat. Once the butter has melted turn the heat up to high – put a lid on the saucepan to stop water from evaporating.

As soon as it comes to a vigorous boil, remove from the heat. Immediately add the flour and sugar mix with a spoon vigorously until smooth (45 seconds).

Gradually add the egg a bit at a time constantly mixing with an electric whisk. Mix in the egg well before adding more. **YOU MAY NOT NEED TO ADD ALL THE EGG**

Place teaspoonfuls of choux paste on the baking sheet, leaving 1 inch (2.5 cm) between them. **Make sure they are all the same size!** (You can also use a piping bag if you have one with you!)

Bake on a high shelf in the pre-heated oven AT 200 for **20 minutes** – *sprinkle tray with water. This helps create more steam allowing the choux to rise more.* **DO NOT USE THE BOTTOM SHELF OF A GAS OVEN!**



Remove from oven and pierce the side of each choux bun with a sharp knife to let out the steam and roll it upside down and cook for a further 5 minutes. They need to be over-cooked slightly (almost burnt) otherwise they go soggy.

Whip cream with electric mixer until stiff – add a teaspoon of icing sugar. **Don't over whisk!**

Melt chocolate in a bowl over a saucepan of boiling water.

Cut profiteroles with a breadknife on 1 side and fill with a spoon of cream (use a piping bag if you have bought one with you!) **STRAIGHT AWAY WHEN YOU GET THEM OUT OF THE OVEN!!**

Spoon the melted chocolate over the profiteroles.

