

Chocolate Covered Profiteroles

Frank Willis, Head Cook, Chi Omega Sorority, Kansas State University

Makes: Approximately 24

Ingredients:

Pate Choux:

2 cups AP Flour

Pinch Kosher Salt

2 cups Water

10½ Tbs. Unsalted Butter

10 Whole Eggs

Method:

Crack all the eggs into a bowl, set aside. Chop butter into small pieces. Bring butter and water to a rolling boil. Sift flour and add salt. Once butter and water are boiling add flour/salt mixture all at once. Stir with a wooden spoon until dough begins to pull away from side of pan. Place dough into a mixer and on low speed until it is cool to the touch. Continue mixing on low and add eggs one at a time until each is incorporated. Once eggs are fully incorporated and mixture is smooth, remove from mixer. Using a pastry bag, pipe mixture onto parchment covered or greased sheet pan. Bake in a 350° oven for approximately 20 minutes or until golden brown.

Assembly:

Once all components are prepared, fill the profiteroles with the pastry cream. Dip or glaze them with the chocolate sauce.

Pastry Cream:

Ingredients:

3 cups Whole Milk

1 cup Sugar

½ cup AP Flour

8 Egg Yolks

Method:

Separate eggs. Bring the milk to a boil, stirring occasionally. Insure milk does not burn. While milk is heating, mix together the yolks, sugar and flour. Whip the egg mixture until incorporated and is smooth. Once milk has boiled, begin to add small amounts into the egg mixture, stirring after each addition. Once all milk has been incorporated, place back over heat. Mix constantly and rapidly until almost at the boiling point. Pull from heat and move to a new container. Cover with plastic wrap directly on the surface of the cream. Chill.

Chocolate Glaze:

Ingredients:

16 oz Chocolate, Semi-Sweet

8 oz Whole Butter

Method:

Chop butter into small pieces. Place chocolate and butter into a double boiler and melt. Stirring occasionally.