

FRENCH PASTRY CREAM PUFFS (PROFITEROLES)

F EASY

Last Modified: 02/05/2016

PREP: 30 Min
COOK: 30 Min
OVEN: 375

BREADS

MAKES 24 TO 36 PUFFS

QUA	MEASURE	INGREDIENT	PROCESS
1	Recipe:	Breads - French Pastry - Cream Puff Dough (Pate a Choux)	
1	Large	Egg	Wash

PREPARATION

FACTOID	French Profiteroles are round Puff Pastries with a large air pocket inside suitable for stuffing with any number of sweet or savory things.
OPTION	You may dip these in any of the Pastry Glaze recipes, drizzle with any number of sauces and even fill them with Ice Cream or Cream Filling.
HINTS	A parchment paper trick: Parchment paper ALWAYS curls up on the edges. Place it on the sheet pan so the corners curl up. Place a small dollop of the Pate a Choux dough in each corner and use it as a glue to hold down the floppy corners.
TOOLS	1) Pastry Piping Bag & Tips 2) Small Mixing Bowl 3) 2 - Aluminum Half Sheet Pans
PREP	DISH 1) Preheat the oven to 375 degrees with racks located in the upper and lower thirds.
1	Whisk together the Egg Wash by mixing the Egg with 1 tablespoon of Water in a small mixing bowl and set it aside.
2	Line the sheet pans with parchment paper. Transfer the Pate a Choux Dough into a pastry bag fitted with a 5/8 inch plain tip.
3	Pipe the Dough into 2 inch rounds about 1 inch apart, rotating the bag slightly to release the Dough from the tip after it's the correct size. Gently smooth those pointed peaks with a water moistened finger, carefully rounding the tops to ensure even rising. Brush the tops with the reserved Egg Wash.
4	Bake until puffed and light brown, about 25 minutes. Rotate and switch the sheet pans half way through baking. The Profiteroles should feel light and airy. Remove the Puffs from the oven and transfer the parchment paper sheets to wire racks to cool completely.
5	At this point, you may partially cut the top 1/3 of each Puff open using a serrated knife. Fill each with a small scoop of Ice Cream, close the lid and seal them closed using Chocolate Sauce.
6	Or: Fill each Puff from the bottom with Cream Filling. Dip the tops in Maple Glaze or drizzle them with Chocolate or Hot Fudge Sauce.
7	Whatever you choose to do to them, these will be to die for.....
SERVE	Sprinkle the top with Confectioners Sugar and serve immediately. They do NOT keep well.