



The Pampered Chef®
Profiterole Puffs
Recipe

Puffs

150 ml (1/4 pint) cold water
55 g (2 oz) butter
A pinch of salt
70 g (2 1/2 oz) plain flour
2 eggs, lightly beaten

Filling and Topping

300 ml (1/2 pint) double cream
55 g (2 oz) icing sugar, sifted
1 teaspoon vanilla extract
85 g (3 oz) plain chocolate chunks or chips
15 g (1/2 oz) butter
5 teaspoons water
15 g (1/2 oz) pistachios or almonds, finely chopped

1. Preheat oven to 190°C/fan 170°C/Gas 5. For puffs, in 1.8 litre (3 1/2 pint) **Small Saucepan**, combine water, butter and salt; bring to the boil over high heat. Remove pan from heat; add flour all at once. Beat mixture vigorously using **Classic Scraper** for about 1 minute or until mixture leaves sides of pan and forms a ball. Place dough into **Classic Batter Bowl**. Gradually add eggs, whisking until smooth and very thick using **Stainless Whisk**.
2. Lightly spray **Deluxe Mini-Muffin Pan** with sunflower oil using **Kitchen Spritzer**. Using level **Small Scoop**, scoop batter into prepared muffin cups, dividing evenly. Bake 20-25 minutes or until risen and deep golden brown. Remove from oven and make a small cut into side of each puff using **Quikut Paring Knife** to release excess steam. Remove puffs from pan to **Stackable Cooling Rack**; cool completely.
3. For filling, combine cream, icing sugar and vanilla extract in **Stainless (2 litre) Mixing Bowl**. Using **Double Balloon Whisk**, whisk cream mixture until stiff peaks form.
4. Attach **Bismarck** tip to **Easy Accent(R) Decorator**; fill with cream filling and pipe into centre of each puff (see opposite page). For topping, place chocolate chunks, butter and water in **Small Micro-Cooker(R)**; microwave, uncovered, on MEDIUM, 1-1 1/2 minutes, or until melted and combined, stirring after every 30-second interval. Stir well until smooth. Drizzle chocolate topping over puffs and sprinkle with chopped pistachios. Serve immediately or refrigerate until ready to serve.

Yield: Makes 24 puffs

Per serving: Energy 135kcal; Protein 1g; Carbohydrate 7g; Fat 11g; Saturated Fat 6g; Fibre 0.2g; Salt 0.1g

Cook's Tip: For the puffs, when adding the eggs to the flour mixture, the batter will initially appear separated. After whisking, the mixture will become smooth and very thick.

When filling the puffs with whipped cream mixture, attach Bismarck tip to Easy Accent(R) Decorator and fill with cream filling. Insert Bismarck tip into bottom of each puff; pipe cream into centre, filling completely.

Tool Tip: Finely chop the pistachios or almonds using Food Chopper