

Profiteroles

Ingredients (makes 30)

Choux pastry

125ml milk

200ml water

150g plain flour

1 tsp golden caster sugar

$\frac{1}{2}$ tsp salt

100g unsalted butter

4 medium eggs, lightly beaten

Jar of chocolate sauce



Chantilly cream

Vanilla pod, split (or one tsp of vanilla extract)

300ml whipping cream

1-2 tbsp icing sugar

Method

Preheat the oven to 200C/Gas 6. Sift the flour and salt into a bowl. Place the milk, cold water, salt, sugar into a pan and set over a low heat. Once the sugar and salt has dissolved add the butter. Once the butter has melted, bring to a rolling boil. Turn off the heat then tip in the flour and beat vigorously with a wooden spoon. As soon as the mixture starts to come away from the side of the pan, stop beating and tip onto a plate to cool.

Return the mixture to the pan, then gradually beat in the eggs, a little at a time, mixing well between each addition, until you have a smooth paste. (Alternatively, transfer the mix to an electric mixer and gradually add the eggs while the mixer is running on a low setting).

Line a baking sheet with greaseproof paper. Spoon the choux pastry into a piping bag fitted with a large plain nozzle (about 1.5cm in diameter). Pipe a small blob of the pastry mix under each corner of the greaseproof to keep the paper in place. Now pipe about 30 walnut-sized balls onto the baking sheet, spaced well apart. Level the peaked tops with the tip of a wet finger then bake for 18-20 minutes until well risen and golden brown.

Remove from the oven and transfer to a wire rack to cool completely before filling.

For the Chantilly cream scrape the seeds from the vanilla pod (or add vanilla extract) into a large mixing bowl. Add the cream, and icing sugar then whisk together until the consistency of a soft meringue with floppy peaks. Spoon the cream into a clean piping bag, fitted with a small plain nozzle. Pierce the base of a choux bun with the tip of the nozzle and pipe in the cream. Repeat with the remaining choux buns. Serve the cream-filled profiteroles with the hot chocolate sauce drizzled over.