

Sweetpea Patisserie x Lady Qooza
~ Cooking jamming Workshop ~

Profiteroles two ways - with chocolate & pistachio custard

Ingredients:

A. Pate a choux (makes 12)	B. Custard-two ways (Fills 8)	C. Chocolate glaze (optional)
60g water 55g butter 2 eggs (about 120g) 65g cake flour 1/2 tsp sugar 3/8 tsp. salt	250ml milk 1 tsp. vanilla extract 3 egg yolks 60g sugar 20g cake flour, sifted 5g unsalted butter ----- Chocolate variation: add 2 tsp. (4g) cocoa powder into 1/2 of the base custard. Pistachio custard: add 5g pistachio paste into 1/2 of the base custard.	30g dark chocolate 5g (1 Tbs.) icing sugar 30ml heavy cream

How to:

A. Choux Pate: (Preheat oven to 200C)

1. Place butter, water, sugar and salt in a small saucepan over medium heat until butter melts. Continue to cook until it comes to a rapid boil. Off heat, and pour in all the flour at once, while stir vigorously using a wooden spoon.
2. Place the mixture back to medium heat, cook while constantly stirring, until a thin film formed on the bottom of the pan, off heat now. That will only take a minute to minute and half. Transfer the choux into another mixing bowl.
3. Gradually add in the yolks, one at a time, keep stirring until you have a silky smooth paste that would slowly drop off the wooden spoon. *note, you might not need to use up all the eggs.
4. Fill the piping bag fitted with a 1.5cm plain tip with the batter, pipe even rounds on parchment paper lined baking sheet
5. Dip your finger in water, gently pad down tips formed on the piped batter.



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6. Using a spray bottle, spray water mist onto piped batter, this will make the exterior of the baked puff more crispy.
7. Bake at 200C for 15-18 minutes, then turn down the temperature to 150C and bake for another 7-8 minutes. Turn off the oven and let the puffs stay inside for at least 5 minutes. Let them cool completely before filling with custard.

B. Custard base:

1. Whisk the egg yolks and half of the sugar until pale and creamy. Sift in the cake flour stir until incorporated.
2. Meanwhile, bring the milk with the rest of the sugar to just before boiling, temper the egg mixture with little of the hot milk, then gradually add in the rest, keep whisking. Pour the mixture back to the saucepan and continue to cook over medium heat, stir constantly until thickened.
3. Whisk in the butter and vanilla extract.
4. Divide the custard into two equal portions.

For chocolate variation: Whisk in the sifted cocoa powder.

For pistachio variation: Stir in the pistachio paste.

C. Chocolate glaze:

1. Bring the cream and the icing sugar to a boil, pour over chopped chocolate, let it stand for 2-3 minutes, stir well. It should be smooth and shiny.

To assemble:

1. Fill half of the cooled puffs with chocolate custard using piping bag fitted with a plain tip. Dip the top of the puffs in the chocolate glaze if using. Let it set.
2. Fill the other half of the puffs with pistachio custard.
3. Dust the filled puffs with sifted icing sugar on the pistachio flavored ones.

~~Bon Appetite!!~~