



# ÉCOLE BELLOUET CONSEIL PROFITEROLES WITH VANILLA ICE CREAM

## Ingredients

### **Craquelin**

100 g butter  
125 g brown sugar  
125 g flour  
**10 g vanilla sugar**

### **Choux paste**

250 g milk  
100 g butter  
5 g salt  
8 g sugar  
150 g flour type 55 250 g eggs  
60 g milk

### **Vanilla "egg based" ice cream**

1220 g whole milk  
160 g sugar  
**3 Madagascar Bourbon vanilla beans**  
20 g butter  
160 g egg yolks  
100 g sugar  
100 g 0% fat milk powder 70 g glucose powder  
4 g compound stabiliser

### **Chocolate sauce**

250 g milk  
125 g cream  
30 g butter  
75 g sugar  
300 g dark couverture chocolate 64%

## Preparation

### **Craquelin**

In a mixing bowl fitted with a paddle, combine all ingredients together without overworking. Stock the paste in the refrigerator at 5°C.

Roll out the paste in-between two plastic sheets.

(This recipe gives a half tray of 60 x 40 cm).

Put the paste into the freezer then cut out discs, slightly larger than the size of the choux - around 2 cm in diameter. Stock in the freezer.

### **Choux paste**

In a saucepan, bring to the boil the milk, butter, salt and sugar. Remove from the heat and add the flour. Return the pan to the heat and dry out the paste. Turn out the paste into a mixing bowl and using a paddle, turn the mixer on a slow speed to progressively add the eggs. Add the hot milk if necessary.

Using a piping bag fitted with a No°9 nozzle, pipe out balls of 2 cm with the choux paste and place a disc of vanilla sable before baking in a fan forced oven at 170°C for 35 min.

Once baked, place the choux onto a rack to cool completely.

The remaining choux can be piped out and stocked in the freezer.

### **Vanilla "egg based" ice cream**

Cut the vanilla beans into two and bring to the boil with the milk, sugar and butter. Beat together the egg yolks and the second quantity of sugar, milk powder, glucose powder and stabiliser then cook to 85°C. Pass the mixture through a fine sieve and mix together for 1 min. Return the vanilla beans to the mixture and cool down to 3°C.

Allow the mixture to mature for 4 hours before mixing once more then passing through the ice cream turbine.

### **Chocolate sauce**

Bring to the boil the milk, cream, butter and sugar then pour over the chopped dark couverture chocolate. Mix together well and stock for the finishing.

### **Assembly and finishing**

Cut the choux into two and fill with balls of the vanilla ice cream. Serve with the warm chocolate sauce.

## Associated products



BEANS  
MADAGASCAR  
BOURBON VANILLA



EXTRACT  
SUGAR  
WITH VANILLA