

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