



COOKING CLASSES
AT SUR LA TABLE

FRENCH PASTRY: VANILLA AND CHOCOLATE PROFITEROLES

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Dairy

- ☐ 1 1/2 sticks butter
- ☐ 9 large eggs
- ☐ 1 1/2 cups whole milk
- ☐ 1/2 cup heavy cream

Pantry Items

- ☐ All-purpose flour
- ☐ Fine kosher salt
- ☐ Granulated sugar
- ☐ Vanilla bean paste or 1 whole vanilla bean
- ☐ Cornstarch
- ☐ 1 cup bittersweet chocolate

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef's knife
- ☐ Serrated knife
- ☐ Paring knife

Hand Tools/Gadgets

- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Prep bowls
- ☐ Piping bag
- ☐ 1/2" star pastry tip (optional)
- ☐ 1/2" round pastry tip
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Spatula
- ☐ Pastry brush
- ☐ Spoon
- ☐ Fine-mesh strainer

Cookware

- ☐ Medium saucepan
- ☐ Small saucepan

Appliances

- ☐ Stand mixer with a paddle attachment

Bakeware

- ☐ 2 baking sheets

Other

- ☐ Parchment paper
- ☐ Templates (included)
- ☐ Plastic wrap
- ☐ Ice

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

All Recipes

1. Preheat the oven to 400°F.

CLASSIC PROFITEROLES

Yield: 20 (2 1/2") cream puffs

Pâte à choux is a versatile dough for both sweet and savory small bites. It is the base recipe for profiteroles, cream puffs, gougères and croquembouche, a traditional French wedding dessert. Achieve perfect rounds by honing your piping skills. We promise that the practice will be delicious.

Pâte à choux:

4 ounces (1 stick) unsalted butter, cut into 1/2" pieces

8 ounce (1 cup) water

1/4 teaspoon fine kosher salt

4 1/4 ounces (1 cup) unbleached all-purpose flour

4 large eggs, plus 1 more for egg wash

Vanilla bean pastry cream (recipe included)

Chocolate glaze

1 cup bittersweet chocolate, chopped

1/2 cup heavy whipping cream

1. ***To prepare dough:*** To a medium saucepan set over low heat, add butter, water and salt. Cook, stirring with a wooden spoon to ensure that butter melts evenly. When butter has melted, increase heat and bring water to a boil. Immediately remove pan from heat and add flour all at once. Beat vigorously with a wooden spoon until dough comes together in a mass around spoon. Place pan back over medium heat and continue to cook, beating for another minute or so to dry out dough—the pan will have a thin film of dough on bottom and sides when finished.

2. Immediately transfer dough to bowl of a stand mixer fitted with the paddle attachment. Beat on medium speed to cool dough and develop the gluten, about 3 minutes. With mixer on medium speed, add eggs in one at a time, allowing each addition to blend completely into dough before continuing. When all eggs are incorporated, mixture should be shiny and elastic and stick to side of bowl. To test dough, place a bit of dough between your thumb and forefinger and slowly pull them apart. This is called the string test; the dough should form a stretchy string about 1 1/2 to 2" long and remain intact. If dough has not reached this stage, beat in a whisked egg, a little at a time until dough passes string test.

3. Preheat the oven to 400°F and position the 2 racks in the top and lower thirds of the oven. Line 2 rimmed baking sheets with templates and top with parchment paper.

4. ***To pipe dough:*** Spoon pâte à choux dough into a pastry bag fitted with a 1/2" plain tip. Pipe

dough into 1/2 to 3/4" high circles to fill each template. To stop flow of dough from pastry bag, release pressure and make a sharp circular motion to disconnect flow from puff.

5. **Prepare egg wash:** To a small bowl, add 1 egg and 1 teaspoon of water and whisk until combined. With a pastry brush, brush a light coating of egg wash over tops of piped dough, being careful that egg does not drip down sides (it will glue the puffs to the parchment and prevent an even rise). You will not use all the egg.

6. Place both sheets in the preheated oven and bake for 20 minutes. Reduce the oven temperature to 350°F and switch the sheets between racks, rotating pans from front to back. Bake for an additional 15 to 20 minutes until puffs are a deep golden brown and crisp, with no moisture visible around sides. Transfer to a rack to cool completely.

7. **To prepare chocolate glaze:** To a small heatproof bowl, add chopped chocolate. To a small saucepan set over medium heat, add cream and bring to a simmer. Pour cream over chocolate and allow to stand for 2 minutes. With a whisk, start from center of mixture and whisk chocolate and cream together until smooth.

8. **To assemble profiteroles:** Use a serrated knife to slice each puff in half across its equator. Pipe pastry cream in a circular motion in bottom of each cream puff, making a couple of swirls, until cream is about 1 1/2" high. Place cream puff lid on top. Repeat until all cream puffs are filled.

9. Transfer a profiterole to each plate and spoon a generous amount of chocolate glaze over the top. Serve immediately.

Recipe variations:

- Profiteroles can be baked, cooled and frozen in freezer bags for up to 2 months. Defrost fully before filling.
- Fill profiteroles right before serving to prevent sogginess.
- Profiteroles can be filled with whipped cream or your favorite ice cream.
- Top profiteroles with toasted, chopped nuts for a bit of a crunch.
- **For savory cream puffs or gougères:** Add 1/2 cup of grated Gruyère or Parmigiano-Reggiano cheese and 1/2 teaspoon of cayenne pepper to the batter. Pipe, egg wash and bake as written above. Serve right out of the oven as a small bite or appetizer.

VANILLA BEAN PASTRY CREAM

Yield: 2 1/2 cups pastry cream

Vanilla bean pastry cream:

1 1/2 cups whole milk
1 tablespoon vanilla bean paste
1 large egg
3 large egg yolks
1/2 teaspoon fine kosher salt
1/3 cup granulated sugar
1/4 cup cornstarch
2 tablespoons cold unsalted butter

1. ***To prepare the pastry cream:*** Fill a large bowl halfway with ice and water and set it aside. Pour milk and vanilla bean paste into a medium saucepan. Heat milk to a simmer and remove from heat.
2. To a medium bowl, whisk together egg, egg yolks, salt and sugar until well combined. Add cornstarch and whisk vigorously until mixture is very smooth. Pour about 1/2 cup of hot milk into egg mixture, whisking constantly to temper the eggs. Slowly pour egg mixture back into hot milk, while whisking.
3. Return saucepan back over medium heat and cook, while whisking constantly to prevent cornstarch from lumping, until it reaches a boil. Whisk for another minute, until pastry cream is very thick. Remove from heat and whisk in butter.
4. Strain pastry cream through a fine-mesh strainer set over a medium bowl to remove any lumps or tiny bits of cooked egg.
5. Press a piece of plastic wrap directly to surface of pastry cream, then set the bowl into a bowl of ice water. Once pastry cream has completely cooled, use or store in refrigerator until needed.
6. Transfer pastry cream to a pastry bag fitted with a 1/2" star tip.

Recipe variations:

- ***For chocolate pastry cream:*** Add 2 ounces finely chopped bittersweet chocolate to the hot pastry cream. Whisk until smooth and then strain through a fine-mesh strainer.
- ***For fruit flavored pastry cream:*** Add 2 ounces of puréed and strained berries to the hot pastry cream. Whisk until smooth and then strain through a fine-mesh strainer.



