



**COOKING CLASSES**  
AT SUR LA TABLE

# **PERFECT 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. Please reach out for substitution suggestions.

## 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-inch star pastry tip (optional)
- ☐ 1/2-inch 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-inch) 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.

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### ***Pâte à choux:***

*4 ounces (1 stick) unsalted butter, cut into 1/2-inch 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*

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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.

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

2. Immediately transfer the dough to the bowl of a stand mixer fitted with the paddle attachment. Beat on medium speed to cool the dough and develop the gluten, about 3 minutes. With the mixer on medium speed, add the eggs in one at a time, allowing each addition to blend completely into the dough before continuing. When all the eggs are incorporated, the mixture should be shiny and elastic and stick to the side of the bowl. To test the 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-inches long and remain intact. If the dough has not reached this stage, beat in a whisked egg, a little at a time until the dough passes the string test.

3. Spoon the pâte à choux dough into a pastry bag fitted with a 1/2-inch plain tip. Pipe the dough into 1/2 to 3/4-inch-high circles to fill each template. To stop the flow of the dough from the pastry bag, release the pressure and make a sharp circular motion to disconnect the flow from the puff.

4. **Prepare the 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 the tops of the piped dough, being careful that the egg does not drip down the sides (it will glue the puffs to the parchment and prevent an even rise). You will not use all the egg.

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

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

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

8. 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

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***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

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Fill a large bowl halfway with ice and water and set it aside.

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





