



Crème Brûlée Profiteroles

Recipe by Lianne Holt

Serves: 6-8

Cooking: 2hrs

Difficulty: Easy

Ingredients:

Choux Paste – For Profiteroles

- 250ml Water
- Pinch Salt
- Pinch Sugar
- 100g Butter
- 125g Sifted Flour
- 3 Beaten Eggs

Crème Patissiere

- 350ml Milk
- 150ml Cream
- 75g Selati Castor Snow
- 5ml Vanilla Essence/Drop of Extract/Scraping of half a Vanilla Pod.
- 1 Whole Egg
- 3 Egg Yolks
- 40g Cornflour
- To the above add 10ml ground coffee and half an espresso.

Methods:

Choux Paste – For Profiteroles

- Pre-heat the oven to 200°C
- Prepare a baking tray with baking paper and set aside.
- Prepare a piping bag with a round nozzle and set aside.
- Sift the flour and set aside.
- In a medium sized pot bring the butter, water, sugar and salt up to boiling point.
- Immediately add the flour all at once and stir firmly until the mixture pulls away from the sides of the pot.
- Cool the mixture down and beat the eggs into it gradually. Ensure that each addition of the eggs is thoroughly incorporated.
- Fill your piping bag with the mixture and pipe rounds about 2cm apart. The profiteroles will puff up beautifully.
- Use the back of a damp spoon to gently press down the protruding mixture.
- Bake at 200°C until puffed and golden. 15-20min.
- When you remove the profiteroles from the oven use a small knife to make an incision in the base – this allows the steam to escape.

Crème Patissiere

- In a medium sized pot heat the milk, cream, vanilla, coffee, and 30g of sugar until bubbles appear.
- Whisk all the egg and the rest of the sugar until thick.
- Sift in the cornflour.
- Pour half of the boiled flavoured milk onto the egg and sugar mix. This allows the egg to adjust to the temperature. Once combined add the remaining milk mixture.
- Place the entire mixture into a clean pot and stir continuously until thick.
- Once the mixture is thick, place it in a clean bowl with cling wrap on the surface (this prevents a skin from forming) and place it in the fridge to cool completely.

Assembling:

- Fill a piping bag with the cooled crème patissiere, and gently fill the profiteroles via the incision previously made.
- Brush the tops of the profiteroles with egg white and dip the surface in caster sugar. Using a blow torch brulee the sugar until melted – the sugar will harden to form the wonderful surface which the traditional crème brulee is known for.
- Placing them back in the oven under a grill is not recommended as the crème patissiere might overcook.