



BENOIT PROFITEROLES



PROPORTIONS: for 4 servings

Pâte à choux :

Milk	200g
Water	200g
Butter	200g
Salt	8g
HG flour	120g
AP flour	120g
Eggs	7 pieces

Chocolate sauce:

Milk	200g
Heavy cream	70g
Guanaja	240g
Sugar	60g
Creme fraiche	100g

Vanilla ice cream:

Milk	200g
Heavy cream	70g
Vanilla bean	0.8g
Honey	8g
Yolks	36g

Sugar	26g
Milk powder	20g

Vanilla cream:

Vanilla pastry cream:

Milk	160g
Heavy cream	18g
Egg	8g
Yolks	36g
Sugar	24g
Pastry cream flour	12g
Vanilla bean	2.2g

Crème anglaise:

Heavy cream	72g
Water	60g
Brown sugar	12g
Yolks	19g
Vanilla bean	1
Gelatin	3.8g

White chocolate ganache:

Heavy cream	96g
White chocolate	24g

DIRECTIONS:

PÂTE À CHOUX:

1. Preheat the oven to 350°F.
2. In a large saucepan, combine the water, milk, butter, salt and sugar and bring to a boil. Reduce the heat to moderate. Add the flour all at once and stir with a wooden spoon until a tight dough forms. Remove the pan from the heat.
3. Place the dough in a mixer bowl, using the paddle, then add the eggs one at a time.
4. Use a piping bag fitted with a 1/2-inch plain tip, pipe the choux onto the baking sheets. Place the choux in the oven and start cooking for 15 minutes. After 15 minutes check if it needs more time.

CHOCOLATE SAUCE:

1. In a large saucepan, combine milk, heavy cream and sugar and bring to a boil. Pour the chocolate and mix with a hand mixer. Then, add the crème fraiche and mix again.

VANILLA ICE CREAM:

1. (One Day Prior) In a large saucepan, combine heavy cream, milk and vanilla beans and bring to a boil. Chill and keep in the fridge for 24 hours.
2. Reheat, and bring the mix to a boil. Add honey and milk powder. Bring the mix to a boil one more time. In the meantime, mix yolks and sugar together.
3. Mix everything and cook like a “crème anglaise” until 83°C, then remove from the heat. Strain, chill and keep in the fridge for 24 hours. The day after, spin it and keep in the freezer.

VANILLA CREAM:

1. *Crème anglaise*: One day before, boil heavy cream, water and vanilla bean, chill it and keep in the fridge.
2. *Pastry cream*: In a large saucepan, combine milk, cream and vanilla bean, and bring it to a boil. In a bowl mix sugar, yolks, pastry cream flour, then pour the mix into the cream. Cook everything together and bring it to a boil. Reserve and keep in the fridge 2 hours minimum.
3. In a small bowl, place the gelatin sheet by sheet in iced water.
4. *White chocolate ganache*: Bring the heavy cream to a boil and then pour the white chocolate over. Strain the mix. Mix the crème anglaise with the chocolate ganache. Then add the gelatin, and the pastry cream. Mix using a hand mixer and reserve in the fridge.

PRESENTATION:

1. Fill the choux with vanilla cream and dress nicely in a plate. On the side, place the chocolate sauce and vanilla ice cream into two servings bowls.