

CHRISTMAS PROFITEROLES WITH 70% CHOCOLATE SAUCE & ICE CREAM

Courtesy recipe by Chef Lee Adams from The Park Lane Hong Kong SKYE Roofbar & Dining

METHOD

Sweet Chestnut Ice Cream

- 01 Whisk sugar and egg yolk in a bowl, set aside.
- 02 Add milk and cream in a saucepan and bring to a boil. Then slowly pour the hot milk mixture onto the egg yolk and sugar mixture, whisk constantly to make sure the eggs don't curdle.
- 03 Pour the mixture back to the saucepan, add sweet chestnut purée and whisk slowly until it reaches 84°C.
- 04 Put the mixture into a blender and blend until smooth.
- 05 Sieve the mixture through a strainer or a chinois to filter out impurities. Then mix in an ice cream machine until nicely set. Set aside.

Profiterole Choux Buns

- 06 Select "Fan Plus" function and preheat Miele oven at 170°C.
- 07 Add water, butter, sugar and salt in a saucepan and bring to a boil. Remove from the heat, add flour and baking powder and stir vigorously.
- 08 Return mixture to low heat and stir constantly until the pastry is dry and coming away from the side of the pan.
- 09 Transfer mixture to a large bowl and let it cool for 5 minutes.
- 10 Add eggs one at a time and beat with a spatula to create the desired consistency.
- 11 On a greaseproof lined baking tray, pipe the dough into individual choux buns and put into the preheated oven, bake at 170°C for 20-25 minutes. Let it cool when done.
- 12 Melt chocolate in a Miele steam oven with microwave at 100°C and watt level set at 800 for 2-3 minutes, stirring after each minute.
- 13 After the choux buns have cooled down, half across the centre. Scoop sweet chestnut ice cream and place in the centre of each choux buns. Stack them one on top of each other.
- 14 Drizzle with chocolate sauce, dust with icing sugar or chopped candied chestnut and it is ready to serve.

Online Cooking
Demonstration Videos



FOLLOW US NOW!



INGREDIENTS

Profiterole Choux Buns

Water	200 ml
Butter	110 g (diced and cold)
Salt	1/16 tsp
Sugar	1 tsp
Plain Flour	100 g
Baking Soda	1/16 tsp
Egg	3 pcs
Icing Sugar	Moderate
Candied Chestnut	Few (chopped)

Sweet Chestnut Ice Cream

Caster Sugar	75 g
Egg Yolk	75 g
Double Cream	125 g
Sweet Chestnut Purée	75 g
Whole Milk	500 ml

Chocolate Sauce

(WEISS) Komele 70% Chocolate ... 100 g



TIPS

- Allow your choux pastry to rest for 1 hour in the fridge before piping, it will help with the shape of the bun during the baking process.
- Don't whisk the chocolate sauce, you will incorporate air inside it and go hard. Melting chocolate with Miele steam oven with microwave allows heat to penetrate evenly to the chocolate, resulting in better melting results.
- You can choose any flavour of ice cream you like, a naughty Bailey's would work magnificently at Christmas!

🕒 1.5 h

👤 4 persons

聖誕「泡芙」配 70%朱古力醬及 香甜栗子雪糕

食譜由 The Park Lane SKYE 天台酒吧及餐廳行政主廚 Lee Adams 設計

做法

香甜栗子雪糕

- 01 將糖粉及蛋黃一起發勻，備用。
- 02 將牛奶及忌廉在鍋中煮沸。慢慢把熱牛奶及忌廉倒進蛋黃混合液內，一直攪拌以免雞蛋凝結。
- 03 把混合液放回鍋內，加入甜栗子蓉慢慢攪拌並加熱至攝氏84度。
- 04 把混合液置於攪拌機攪拌至質感細滑。
- 05 將雪糕混合液以濾網或圓錐型濾網過濾，然後用雪糕機攪拌至凝固，備用。

法式酥皮泡芙

- 06 選用「風扇加強」功能，以攝氏170度預熱Miele焗爐。
- 07 將水、牛油、砂糖及鹽置於平底鍋內加熱。煮沸後離火，加入中筋麵粉及梳打粉快速攪拌。
- 08 將麵糰以中火繼續加熱及不停攪拌，直至乾身並在鍋底邊緣形成一層薄膜後離火。
- 09 把麵糰轉移到大碗，靜置放涼5分鐘。
- 10 將雞蛋逐一放入麵糰，以刮刀拌勻，直至麵糊呈理想的均勻狀態。
- 11 在鋪上牛油紙的焗盤，用唧花袋唧出圓形泡芙麵糊，放入焗爐以攝氏170度烤焗20-25分鐘。放涼備用。
- 12 把朱古力放入Miele蒸爐連微波爐以攝氏100度，瓦數設定為800，煮2-3分鐘，每分鐘攪拌一次至融化。
- 13 酥皮泡芙放涼後，於中間位置切開一半。將香甜栗子雪糕置於泡芙中間。把泡芙一層層疊起。
- 14 隨意淋上朱古力醬，更可以灑上糖霜及切碎的蜜餞栗子加以裝飾，即可享用。

材料

水	200毫升
牛油	110克(切粒和保冷)
鹽	1/16茶匙
砂糖	1茶匙
中筋麵粉	100克
梳打粉	1/16茶匙
雞蛋	3隻
糖霜	適量
蜜餞栗子	少量(切碎)

香甜栗子雪糕

糖粉	75克
蛋黃	75克
鮮忌廉	125克
甜栗子蓉	75克
全脂牛奶	500克

朱古力醬

(WEISS) Komele 70%朱古力... 100克



貼士

- 泡芙麵糊可在烤焗前置於雪箱1小時，令泡芙在烤焗時更容易成型。
- 避免攪拌朱古力醬令空氣注入使它凝固。利用Miele蒸爐連微波爐融化朱古力使熱力平均注入朱古力，更容易均勻地融化至液體狀態。
- 可自由選擇任何雪糕味道，寐酒味亦是不錯的選擇。

網上教學短片



FOLLOW US NOW!



Miele



Miele Hong Kong



1.5 小時



4 人份