

Courtesy of The Red Cross – Please Donate



Mini Chocolate Profiteroles

75g butter, cubed
200ml water
¾ cup flour
pinch of salt
3 eggs
300ml cream, whipped
150g dark chocolate, melted

1. Preheat the oven to 200°C. Line 2 oven trays with baking paper.
2. Place the butter and water in a saucepan and bring to the boil.
3. Remove the saucepan from the heat and add the flour and salt all at once. Stir vigorously until combined.
4. Return the pan to a low heat. Continue to stir until the mixture leaves the sides of the pan and forms a ball in the middle, about 1-2 minutes.
5. Transfer the mixture to the bowl of an electric mixer and leave to cool for 5 minutes.
6. Using a medium-high speed, add the eggs, one at a time, beating well after each addition. The mixture should be thick, smooth and shiny and should easily drop from a spoon.
7. Place teaspoonsful of the mixture onto the prepared oven trays (leaving room for them to double in size). Bake for 25-30 minutes until golden and light when lifted.
8. Remove from the oven. Using the point of a paring knife, make a small hole in the bottom of each profiterole. Place them hole side up on the trays and return them to a 120°C oven for 15 minutes to dry out (use a wooden spoon to keep the oven door slightly open). Turn off the oven and leave to cool completely.
9. When ready to serve, dip the top of each profiterole in melted chocolate then pipe whipped cream into the hole in the bottom.

Makes approximately 35.



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