

75

RECIPES &
SPIRITED
SWEETSJAZZY
BAKERplus
25
COCKTAIL
RECIPES

Beer Profiteroles with Chocolate-Beer Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



645 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 5 large egg yolk
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons porter
- ☐ 6 tablespoons butter unsalted

- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup milk whole

Equipment

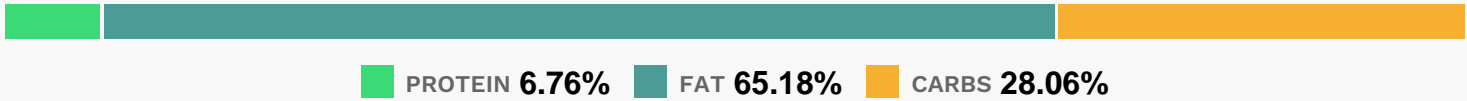
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ sieve
- ☐ hand mixer
- ☐ toothpicks
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ ice cream machine

Directions

- ☐ To make the ice cream, combine the heavy cream and milk in a medium saucepan over medium heat. Cook, stirring constantly, until mixture is almost just barely simmering (you will see steam rising from the surface, and small bubbles at the edge of the pan).
- ☐ Remove the pan from the heat and set aside.
- ☐ In a medium mixing bowl, beat the egg yolks with the sugar and salt until thick and pale yellow. Very slowly, whisk a 1/4 cup of the hot cream mixture into the egg mixture to temper it. Then transfer the egg mixture to the saucepan with the rest of the cream mixture and return to medium heat. Cook, stirring constantly, until the mixture has thickened enough to coat the back of a spoon without running.

- ☐ Remove the saucepan from the heat and strain the mixture through a fine-mesh sieve.
- ☐ Add the vanilla extract and stout. Chill for at least four hours (preferably overnight) and freeze in an ice cream maker according to the manufacturer's instructions.
- ☐ To make the profiteroles, preheat the oven to 425°F and line a baking sheet with parchment paper.
- ☐ Combine 1/2 cup water, milk, butter, and salt in a medium saucepan and bring to a boil. Reduce the heat to medium-low, add the flour, and cook, stirring with a wooden spoon, until the mixture forms a ball and pulls away from the sides of the pan.
- ☐ Transfer the mixture to a mixing bowl and allow it to cool slightly. Using an electric mixer, beat in the eggs one at a time.
- ☐ Spoon the mixture into a large, zip-top plastic bag and snip off one of the corners. Squeeze 12 mounds of dough onto the baking sheet, spacing them an inch or two apart.
- ☐ Bake until puffed and golden, about 22 minutes. Turn off the oven, set the door slightly ajar, and allow profiteroles to rest for another 5 minutes.
- ☐ Remove profiteroles from the oven and prick each one with a toothpick to allow steam to escape.
- ☐ Let them cool completely on a wire rack.
- ☐ To make the chocolate-beer sauce, place the chocolate in a medium bowl.
- ☐ Combine the cream and sugar in a small saucepan and heat over medium-low heat until just barely simmering.
- ☐ Pour the hot cream over the chocolate and stir until the chocolate melts. Stir in the stout.
- ☐ To assemble the dessert, cut each profiterole in half crosswise.
- ☐ Place a scoop of ice cream on the bottom half of the profiterole and sandwich with the top.
- ☐ Drizzle generously with the chocolate-beer sauce and serve.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:16.56, Inflammation Score:-7, Nutrition Score:15.2817390289%

Nutrients (% of daily need)

Calories: 644.9kcal (32.25%), Fat: 46.8g (72%), Saturated Fat: 26.99g (168.7%), Carbohydrates: 45.33g (15.11%), Net Carbohydrates: 41.88g (15.23%), Sugar: 26.92g (29.91%), Cholesterol: 324.41mg (108.14%), Sodium: 159.57mg (6.94%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Caffeine: 32.51mg (10.84%), Protein: 10.93g (21.85%), Selenium: 25.67µg (36.67%), Manganese: 0.63mg (31.29%), Copper: 0.53mg (26.56%), Vitamin A: 1307.61IU (26.15%), Phosphorus: 256.58mg (25.66%), Vitamin B2: 0.38mg (22.4%), Iron: 3.99mg (22.15%), Magnesium: 78.03mg (19.51%), Folate: 63.03µg (15.76%), Vitamin D: 2.22µg (14.81%), Fiber: 3.45g (13.78%), Zinc: 1.91mg (12.74%), Vitamin B1: 0.18mg (12.27%), Vitamin B12: 0.71µg (11.82%), Vitamin B5: 1.14mg (11.43%), Vitamin E: 1.56mg (10.37%), Calcium: 100.34mg (10.03%), Potassium: 338.51mg (9.67%), Vitamin B6: 0.13mg (6.62%), Vitamin B3: 1.31mg (6.53%), Vitamin K: 5.22µg (4.97%)