



Hazelnut Gelato Profiteroles with Warm Kahlua Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



600 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour
- ☐ 3 large egg yolk
- ☐ 5 large eggs
- ☐ 1 cup half and half
- ☐ 1 cup hazelnuts husked toasted
- ☐ 0.3 cup rum / brandy / coffee liqueur
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds bittersweet chocolate unsweetened chopped (not)

- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted cut into 1/2-inch cubes (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup milk whole

Equipment

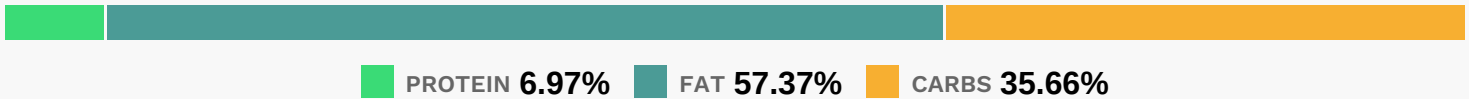
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ ice cream machine

Directions

- ☐ Finely grind hazelnuts in processor. Bring half and half to simmer in large saucepan.
- ☐ Whisk sugar and egg yolks in large bowl to blend. Gradually whisk hot half and half into sugar mixture; return to saucepan. Stir over medium heat until custard thickens slightly, about 3 minutes (do not let mixture boil). Strain into large bowl. Stir in hazelnuts and vanilla extract. Refrigerate custard until cold, about 4 hours.
- ☐ Transfer custard to ice cream maker and process according to manufacturer's instructions.
- ☐ Transfer custard to container; cover and freeze.
- ☐ Bring half and half, sugar, and butter to simmer in heavy medium saucepan, stirring until sugar dissolves.
- ☐ Remove from heat; add chocolate and whisk until melted and smooth. Stir in Kahlúa and vanilla. (Can be made 1 day ahead. Cool completely, cover, and refrigerate. Rewarm before serving.)
- ☐ Preheat oven to 425°F. Bring milk, butter, and salt to boil in heavy medium saucepan.

- ☐ Remove from heat. Stir in flour. Cook over medium heat until mixture is smooth, pulls away from sides of pan, and forms ball, constantly stirring vigorously, about 1 1/2 minutes.
- ☐ Remove from heat. Using electric mixer, mix dough on low speed until dough cools slightly but is still very warm. Beat in eggs 1 at a time on medium speed, blending well after each addition.
- ☐ Line 2 large baking sheets with parchment. Drop walnut-size pieces of dough onto sheets.
- ☐ Bake until puffed and beginning to brown, about 15 minutes. Reduce oven temperature to 375°F; continue baking until puffs are brown and very crisp, about 10 minutes. Cool on sheets.
- ☐ Cut 36 cream puffs in half horizontally.
- ☐ Place scoop of gelato in each cream puff. (Can be made 1 day ahead. Cover and freeze.) Divide profiteroles among plates.
- ☐ Drizzle with warm sauce.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:16.38, Inflammation Score:-6, Nutrition Score:16.869565092999%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 599.63kcal (29.98%), Fat: 38.11g (58.63%), Saturated Fat: 18.59g (116.21%), Carbohydrates: 53.29g (17.76%), Net Carbohydrates: 48.19g (17.52%), Sugar: 34.55g (38.39%), Cholesterol: 156.07mg (52.02%), Sodium: 155.12mg (6.74%), Alcohol: 1.18g (100%), Alcohol %: 0.92% (100%), Caffeine: 40.63mg (13.54%), Protein: 10.42g (20.84%), Manganese: 1.34mg (67.17%), Copper: 0.8mg (40.17%), Magnesium: 109.72mg (27.43%), Selenium: 18.6µg (26.57%), Phosphorus: 265.72mg (26.57%), Iron: 4.56mg (25.34%), Fiber: 5.1g (20.41%), Vitamin B2: 0.29mg (17.03%), Vitamin E: 2.39mg (15.97%), Vitamin B1: 0.22mg (14.36%), Zinc: 2.13mg (14.18%), Folate: 52.01µg (13%), Potassium: 443.37mg (12.67%), Calcium: 108.88mg (10.89%), Vitamin A: 540.1IU (10.8%), Vitamin B5: 0.88mg (8.82%), Vitamin B12: 0.52µg (8.63%), Vitamin B6: 0.15mg (7.56%), Vitamin B3: 1.41mg (7.05%), Vitamin D: 1.01µg (6.74%), Vitamin K: 5.94µg (5.66%)