

Hazelnut Gelato Profiteroles with Warm Kahlua Sauce







DESSERT

Ingredients

Ш	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

1.3 pounds bittersweet chocolate unsweetened chopped (not)

0.5 teaspoon salt

	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			
	PROTEIN 6.97% FAT 57.37% CARBS 35.66%		
	FROTEIN 0.31 /0 FAT 31.31 /0 GARDS 33.00 /0		

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, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 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,

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%)