



Profiteroles with Coffee Ice Cream

 Popular

READY IN



1500 min.

SERVINGS



6

CALORIES



917 kcal

SIDE DISH

Ingredients

- ☐ 7 ounce fine-quality bittersweet chocolate 60% finely chopped (no more than cacao if marked)
- ☐ 1 tablespoon cognac
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 1 quart coffee ice cream
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 6 tablespoons butter unsalted cut into pieces
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.8 cup water

Equipment

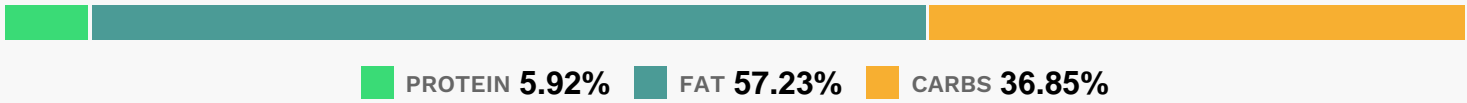
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ wooden spoon
- ☐ skewers
- ☐ pastry bag

Directions

- ☐ Chill a small metal baking pan in freezer. Form 18 ice cream balls with scoop and freeze in chilled pan at least 1 hour (this will make serving faster).
- ☐ Preheat oven to 425°F with rack in middle. Butter a large baking sheet.
- ☐ Bring butter, water, and salt to a boil in a small heavy saucepan, stirring until butter is melted. Reduce heat to medium, then add flour all at once and cook, beating with a wooden spoon, until mixture pulls away from side of pan and forms a ball, about 30 seconds.
- ☐ Transfer mixture to a bowl and cool slightly, 2 to 3 minutes.
- ☐ Add eggs 1 at a time, beating well with an electric mixer after each addition.
- ☐ Transfer warm mixture to pastry bag and pipe 18 mounds (about 1 1/4 inches wide and 1 inch high) 1 inch apart on baking sheet.

- ☐ Bake until puffed and golden brown, 20 to 25 minutes total. Prick each profiterole once with a skewer, then return to oven to dry, propping oven door slightly ajar, 3 minutes. Cool on sheet on a rack.
- ☐ Heat sugar in a 2-quart heavy saucepan over medium heat, stirring with a fork to heat sugar evenly, until it starts to melt, then stop stirring and cook, swirling pan occasionally so sugar melts evenly, until it is dark amber.
- ☐ Remove from heat, then add cream and a pinch of salt (mixture will bubble and steam). Return to heat and cook, stirring, until caramel has dissolved.
- ☐ Remove from heat and add chocolate, whisking until melted, then whisk in vanilla and Cognac (if using). Keep warm, covered.
- ☐ Halve profiteroles horizontally, then fill each with a ball of ice cream. Put 3 profiteroles on each plate and drizzle generously with warm chocolate sauce.
- ☐ Ice cream balls can be frozen up to 1 day (cover with plastic wrap after 1 hour). Profiteroles can be baked 1 day ahead and cooled completely, then kept in an airtight container at room temperature. Recrisp on a baking sheet in a 375°F oven 5 minutes. Cool before filling.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:42.29, Inflammation Score:-8, Nutrition Score:17.924782711527%

Nutrients (% of daily need)

Calories: 916.77kcal (45.84%), Fat: 58.28g (89.66%), Saturated Fat: 35.12g (219.49%), Carbohydrates: 84.44g (28.15%), Net Carbohydrates: 80.27g (29.19%), Sugar: 63.56g (70.62%), Cholesterol: 239.31mg (79.77%), Sodium: 276.15mg (12.01%), Alcohol: 0.95g (100%), Alcohol %: 0.36% (100%), Caffeine: 28.44mg (9.48%), Protein: 13.55g (27.11%), Vitamin B2: 0.67mg (39.36%), Vitamin A: 1748.52IU (34.97%), Phosphorus: 344.47mg (34.45%), Selenium: 20.02µg (28.6%), Manganese: 0.57mg (28.38%), Calcium: 269.43mg (26.94%), Copper: 0.5mg (25.14%), Magnesium: 90.13mg (22.53%), Iron: 3.45mg (19.15%), Potassium: 594.56mg (16.99%), Zinc: 2.51mg (16.74%), Fiber: 4.17g (16.69%), Vitamin B12: 0.98µg (16.41%), Vitamin B5: 1.58mg (15.84%), Vitamin B1: 0.22mg (14.45%), Folate: 50.24µg (12.56%), Vitamin D: 1.66µg (11.07%), Vitamin E: 1.63mg (10.87%), Vitamin B6: 0.15mg (7.54%), Vitamin B3: 1.43mg (7.17%), Vitamin K: 5.23µg (4.98%), Vitamin C: 1.18mg (1.44%)