



Pumpkin Custard Profiteroles with Maple Caramel

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



496 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.3 cup bourbon
- ☐ 2.3 cups pumpkin pure canned
- ☐ 1 large egg yolk
- ☐ 9 large egg yolks
- ☐ 4 large eggs
- ☐ 1 teaspoon ground allspice

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.8 cup heavy whipping cream
- ☐ 16 servings lightly whipped cream sweetened
- ☐ 1 cup maple sugar
- ☐ 1 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 cup water
- ☐ 3 cups whipping cream
- ☐ 0.5 cup milk whole

Equipment

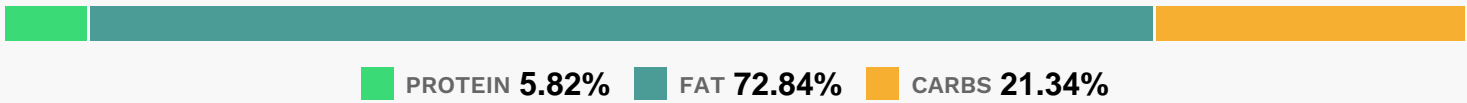
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ serrated knife
- ☐ glass baking pan

Directions

- ☐ Stir sugar and butter in heavy small saucepan over medium heat until blended and smooth.
- ☐ Whisk in cream. Bring to boil, stirring until caramel bits dissolve. Reduce heat to medium and simmer 5 minutes.
- ☐ Remove from heat. Stir in bourbon and vanilla; simmer 1 minute. (Can be made 3 days ahead. Cover and refrigerate.)
- ☐ Preheat oven to 325°F.
- ☐ Whisk cream and next 6 ingredients in heavy large saucepan. Bring to simmer over medium heat, stirring occasionally.
- ☐ Remove from heat.
- ☐ Whisk sugar and egg yolks in medium bowl. Gradually stir hot pumpkin mixture into egg yolk mixture.
- ☐ Pour pumpkin custard into 8x8x2-inch glass baking dish; cover with foil.
- ☐ Place dish in 13x9x2-inch baking pan. Fill baking pan with enough hot water to come halfway up sides of dish.
- ☐ Bake until custard is set in center, about 1 hour 15 minutes. Cool completely. Cover and chill until cold, at least 4 hours. (Can be made 1 day ahead. Keep chilled.)
- ☐ Preheat oven to 425°F. Line 2 large rimmed baking sheets with parchment paper. Bring 1/2 cup water, milk, butter, sugar, and salt to boil in heavy large saucepan. Stir in flour; cook over medium-high heat, stirring vigorously, until dough is smooth and pulls away from sides of pan, about 1 minute.
- ☐ Transfer hot mixture to standing mixer. Beat dough with paddle attachment at medium speed until slightly cool, about 3 minutes.
- ☐ Add 3 eggs, 1 at a time, beating until blended after each addition. Beat in egg yolk until blended.
- ☐ Spoon 16 mounds of batter about the size of large eggs onto prepared sheets, spacing about 2 inches apart. Beat remaining egg in small bowl to blend.
- ☐ Brush tops of profiteroles lightly with beaten egg.
- ☐ Bake 15 minutes. Reduce oven to 375°F. Continue baking until puffed and dark golden brown, about 30 minutes longer.

- ☐ Transfer to rack to cool completely. (Can be made 1 week ahead. Store in airtight container in freezer.
- ☐ Remove from freezer a few hours before continuing.)
- ☐ Rewarm caramel sauce. Using serrated knife, slice profiteroles horizontally in half. Spoon rounded 1/3 cup filling into bottom half of each profiterole. Cover with top halves.
- ☐ Drizzle with sauce. Spoon dollop of whipped cream atop profiteroles.
- ☐ Sprinkle with chopped pecans and serve.
- ☐ Don't have a standing mixer with a paddle attachment? Use a handheld mixer instead.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:13.22, Inflammation Score:-10, Nutrition Score:15.479565382004%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 495.7kcal (24.78%), Fat: 40.37g (62.11%), Saturated Fat: 21.93g (137.07%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 24.68g (8.98%), Sugar: 17.53g (19.48%), Cholesterol: 261mg (87%), Sodium: 87.86mg (3.82%), Alcohol: 1.27g (100%), Alcohol %: 0.88% (100%), Protein: 7.25g (14.51%), Vitamin A: 6814.41IU (136.29%), Manganese: 1.15mg (57.65%), Selenium: 14.9µg (21.29%), Vitamin B2: 0.3mg (17.59%), Phosphorus: 146.67mg (14.67%), Vitamin D: 1.91µg (12.71%), Zinc: 1.88mg (12.53%), Calcium: 109.74mg (10.97%), Folate: 43.71µg (10.93%), Vitamin E: 1.55mg (10.35%), Iron: 1.86mg (10.31%), Vitamin B1: 0.15mg (10.12%), Vitamin B5: 0.92mg (9.22%), Copper: 0.17mg (8.28%), Vitamin K: 8.3µg (7.9%), Fiber: 1.94g (7.75%), Vitamin B12: 0.46µg (7.68%), Potassium: 244.49mg (6.99%), Magnesium: 27.69mg (6.92%), Vitamin B6: 0.12mg (6.03%), Vitamin B3: 0.74mg (3.72%), Vitamin C: 1.99mg (2.42%)