



Snøfrisk Profiteroles with Strawberry Gelée

READY IN



240 min.

SERVINGS



12

CALORIES



606 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch anise seeds
- ☐ 4.4 ounce snøfrisk cheese (tine)
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 8 sheets gelatin powder divided
- ☐ 12 tablespoon pistachios finely chopped
- ☐ 12 servings powdered sugar to taste
- ☐ 12 servings strawberry syrup to taste
- ☐ 0.1 teaspoon salt

- ☐ 1 liter cup heavy whipping cream sour
- ☐ 300 gram strawberries fresh
- ☐ 510 gram sugar
- ☐ 6 tablespoon butter unsalted cut into pieces
- ☐ 1 teaspoon vanilla
- ☐ 1 vanilla pod dried split
- ☐ 12 ounce water as needed plus more

Equipment

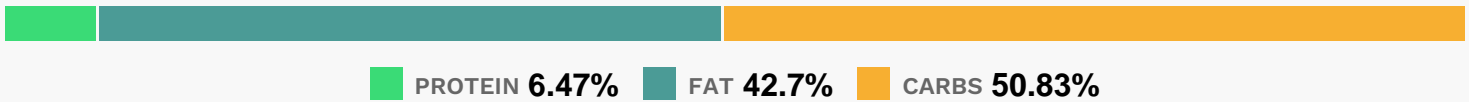
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ immersion blender
- ☐ cutting board

Directions

- ☐ Make the gelée: Pre-soak 2 gelatin sheets in cold water for 10 minutes. Line an 8×8 baking dish or shallow sided tray with parchment. Set aside. In a medium saucepan set over medium-high heat bring the strawberries, water, sugar and vanilla to a boil.
- ☐ Remove the heat, add the gelatin, stirring to combine. Set the mixture aside to cool down some, then pour it carefully in the prepared tray. Tap the sides gently to release any air bubbles.
- ☐ Place the tray in the fridge to set, for about an hour. Run a knife around the edges of the tray. Invert it carefully onto a cutting board. Peel off the parchment and cut the gelée in 12 equal sized pieces. Set aside. Make the ice cream: Pre-soak the 6 remaining gelatin sheets in cold water for 10 minutes.
- ☐ Drain and move to a medium bowl. Bring the 12 ounces of water to a boil, add the sugar, glucose, vanilla pod, anise seeds, and lemon filets, let steep about 10 minutes. Strain the

- mixture into the bowl with the soaked gelatin sheets, discard solids, then add sour cream and “Snøfrisk” to the bowl.
- ☐ Mix well with a hand-held blender. Refrigerate at least one hour.
 - ☐ Heat oven to 425 degrees. Line a baking sheet with parchment.
 - ☐ Put the butter and salt in a saucepan with 3/4 cup of water. Bring to a boil and stir until the butter melts. Reduce the heat to medium and add the flour. Keep stirring, until the mixture pulls away from the sides of the saucepan and forms a ball (approximately 30 seconds).
 - ☐ Remove from the heat and let cool somewhat (approximately 3–4 minutes).
 - ☐ Add the eggs one at a time, beating well after each one. Scoop or pipe the batter onto the baking sheet, making 12 batter mounds that are 1 inch high and 1–2 inches across (roughly). Leave 1 inch of space between mounds.
 - ☐ Bake until puffed and golden (approximately 20–25 minutes).
 - ☐ Remove from the oven and pierce the bottom of each profiterole. Then return them to the oven, prop the door open, and let the profiteroles crisp for 3 minutes.
 - ☐ Remove them from the oven and let them cool completely. Assemble the dessert: Gently cut each profiterol in half. Sandwich a small scoop of Snøfrisk ice cream and 2 or 3 pieces of strawberries in between the slices.
 - ☐ Serve with a piece of gelée, a drizzle of strawberry syrup.
 - ☐ Garnish with pistachios and powdered sugar.

Nutrition Facts



Properties

Glycemic Index:19.59, Glycemic Load:34.85, Inflammation Score:-6, Nutrition Score:9.8908696070961%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.21mg, Pelargonidin: 6.21mg, Pelargonidin: 6.21mg, Pelargonidin: 6.21mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate:

0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg
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Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin:
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0.01mg

Nutrients (% of daily need)

Calories: 605.92kcal (30.3%), Fat: 29.89g (45.98%), Saturated Fat: 14.6g (91.24%), Carbohydrates: 80.05g
(26.68%), Net Carbohydrates: 78.55g (28.56%), Sugar: 67.45g (74.94%), Cholesterol: 119.74mg (39.91%), Sodium:
155.89mg (6.78%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 10.18g (20.37%), Selenium: 13.95µg
(19.93%), Calcium: 193.72mg (19.37%), Vitamin C: 15.87mg (19.23%), Phosphorus: 187.7mg (18.77%), Vitamin B2:
0.31mg (18.28%), Vitamin A: 885.68IU (17.71%), Manganese: 0.26mg (12.98%), Vitamin B1: 0.16mg (10.52%), Vitamin
B6: 0.21mg (10.26%), Folate: 37.66µg (9.41%), Copper: 0.19mg (9.34%), Potassium: 254.61mg (7.27%), Zinc: 1.09mg
(7.24%), Magnesium: 27.35mg (6.84%), Vitamin B12: 0.4µg (6.72%), Iron: 1.12mg (6.25%), Vitamin B5: 0.62mg
(6.21%), Vitamin E: 0.93mg (6.19%), Fiber: 1.5g (5.98%), Vitamin B3: 0.75mg (3.77%), Vitamin D: 0.42µg (2.78%),
Vitamin K: 2.57µg (2.44%)