

Profiteroles are a French pastry classic. These small, sweet puffs are made with choux pastry, filled with ice cream, and topped with chocolate sauce.

INGREDIENTS

makes about 15 choux puffs with extra chocolate sauce

CHOUX:

1/4 cup water
1/4 cup soy milk
2 oz vegan butter
(I use Earth Balance)
3 oz bread flour (*)
1/2 cup Just Egg
1/4 cup soy milk
(to mix with Just Egg)
1/2 tsp sugar
1/4 tsp vanilla extract

() All-purpose flour can be used, but the puffs will be less airy. Einkorn all-purpose flour also works well but should be sifted first to prevent clumping.*

CHOCOLATE SAUCE:

1/2 cup unsweetened cocoa powder
1 tsp vanilla extract
6 Tbsp maple syrup
6 Tbsp oat milk

ICE CREAM:

vegan vanilla ice cream

DIRECTIONS

Preheat oven to 400F.

Note that you will want to follow this recipe pretty closely as there is lots of science behind choux pastry.

1) Start choux dough.

In a small pot, combine water, soy milk, and vegan butter. Bring to a simmer, stirring until butter melts.

Add flour all at once. Reduce heat to low and stir continuously until the mixture forms a ball and easily comes away from the sides of the pot. Transfer dough to a bowl and cool to room temperature. To speed up cooling, flatten the dough and place in the freezer for 5 minutes.

Important: Cooling is crucial to prevent the eggs from cooking when added to the dough. The eggs should only start cooking later in the oven.

2) Prepare the egg mixture.

In a small bowl, whisk together 1/4 cup soy milk, Just Egg, sugar, and vanilla extract.

3) Finish choux dough.

Once the dough is at room temperature, gradually incorporate the egg mixture, a few spoonfuls at a time. Mix thoroughly after each addition.

4) Form and bake the puffs.

Line a baking sheet with parchment paper.

Using a pastry bag with a round tip, pipe dough into small mounds (about 2" wide and 1" high) on the prepared sheet.

Bake for 30-35 minutes, until puffs are evenly golden brown.

Important: Do not open the oven door during baking to prevent puffs from deflating. Use the oven light to check their color in the final few minutes.

5) Prepare chocolate sauce (from My Quiet Kitchen).

In a small saucepan, combine cocoa powder, vanilla, maple syrup, and oat milk. Simmer over low heat for 2 minutes, stirring until thick and creamy.

Note: This sauce can be made a day in advance and refrigerated. Reheat before using.

6) Assemble.

Once the puffs are cooled, slice them in half horizontally with a sharp knife.

Place a small scoop of vegan ice cream on the bottom half of each puff. Replace the top half of the puff.

Drizzle with warm chocolate sauce.

Serve immediately.