



PROFITEROLES

Preparation time: 30 - 40 minutes

Cooking time: 20 minutes

Skill level: Moderate

INGREDIENTS

For the choux shells

- 200ml water
- 100g butter
- 135g plain flour
- 1 teaspoon malt extract
- 3 large beaten eggs

For the filling

- 450ml double cream
- 90g malt extract

TIP

You can boost the malt flavour by using Lindt chocolate for the topping.

METHOD

In a pan bring the water and malt extract to the boil and add the butter. Bring back to the boil, then add the flour and beat continuously until the mixture thickens and the dough comes away from the edges to form a ball. Tip into a bowl and allow to cool for about 10-15 minutes. Gradually add the eggs to the dough, beating between each addition until fully incorporated. Once finished it should be of 'dropping' consistency. Place into a piping bag and snip the bag 1cm from the tip.

Pre-heat oven to 200°C. Grease a tray and pipe small mounds (about 15g each) onto the tray, leaving space between, and bake for around 15 minutes. Remove from the oven and make a small hole in their bases and place back in the oven for a further 2 to 3 minutes to fully dry out. Remove from the oven and allow to cool on a rack.

Whisk the cream and the malt together until it forms stiff peaks. Pour into a piping bag, snip the bag 1cm from the tip and pipe into the choux shells. You should feel the shell expand as you pipe. Finish by decorating with your favourite melted chocolate.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

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YOU
KNOW?**



MALT..

the undiscovered ingredient

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

The introduction of malt extract into the choux pastry adds a delicate sweetness and contributes greatly towards the creation of a mouth-watering golden shell. The real surprise comes from the taste explosion of malted cream from the generous filling. Once you have taken that first bite you cannot help but crave more. Go on, try eating only one!

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

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Passionate about malt