



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Profiterole

Profiterol



4 eggs
1 cup flour
3.5 ounces margarine
1/2 pack vanilla
2 cube sugars
1 cup water
1/4 tsp salt

For Cream:
2 + 1/2 cups milk
1 egg
3 + 1/2 tablespoonful flour
2/3 cup granulated sugar
1 pack vanilla
1 tsp margarine

For Covering:
3.5 ounces bitter chocolate
1 tbsp milk
1 tbsp margarine

- # Put the cold water and margarine into a pot. Melt the margarine over very low heat, and add salt and sugar.
- # When the margarine melts, add the flour immediately, cook over low heat for 10 minutes by stirring quickly, remove from the stove.
- # When the dough becomes tepid, break the eggs one by one while getting a good mixture at each time.
- # By this way set the oven to 347 F. Take tbsp sized pieces from the dough and place on the greased oven tray.
- # Cook in the hot oven for 15 minutes. Do not open the oven while cooking definitely. Turn off the oven when the time ends but do not open it yet, wait until the profiteroles cool down in it.
- # Prepare the cream when they are cooling down. Put the milk, sugar, egg, and flour, and mix them while they are cold, and then cook over medium heat by stirring consistently until it reaches the consistency of thick pudding.
- # Add the margarine and vanilla when you remove the pot from the stove, and mix well. To prevent the butter become on the surface, cool the cream down by stirring time to time.
- # Cut the cooked profiteroles into to pieces, fill the cream between them, and place on the service plate.
- # In the meantime prepare the covering; put the chocolate, margarine and milk into a heat resistant cup, and place this cup, for melting the chocolate, into the boiling water in a pot.
- # Pour the melted mixture all over the profiteroles on the oven tray and serve.

Note: Profiterole is called "Suala Krem Ekler Pastasi" in Turkey also.