

# Ice cream-filled pastry puffs to the rescue

By Leah Eskin  
Chicago Tribune

Bad news blasts from every vista. Trouble drops down from the top tier of government and bubbles up from the bottom of the sea. Even the air is smudged with the smoke of our national forests, burning. Other eras knew trying times; ours knows all news, all the time.

The flip side of endless information is endless entertainment, and that's where things get truly grim. Have you watched "The Handmaid's Tale"? Who streams torment, on purpose? Almost everyone.

The constant con calls for some pro, like those cheerful T-shirts that proclaim: pro-gluten, prosecco, profiterole. As am I. Especially profiterole. The little pastry puffs, stuffed with ice cream and doused in chocolate syrup, can't cure all our ills. But they do a swell job trying.



Abel Uribe/Chicago Tribune/TNS

Little pastry puffs, stuffed with ice cream and doused in chocolate syrup.

## PROFITEROLES

Prep: 15 minutes

Bake: 20 minutes

Makes: 6 servings (18 pastries)

1 cup milk

1 stick (½ cup) unsalted butter, cut up

4 teaspoons sugar

½ teaspoon kosher salt

1 cup flour

4 eggs

½ teaspoon vanilla extract

2 pints vanilla, coffee or

caramel ice cream

1 cup warm chocolate syrup, see recipe

1. Boil: In a large saucepan, heat milk, butter, sugar and salt to a boil.

2. Mix: Dump in flour, all at once. Stir with a wooden spoon to a big soft lump that looks like mashed potatoes. Reduce

heat and stir another minute. The bottom of the pan may develop a coat of flour; ignore it.

3. Beat: Scrape dough into the food processor. Process a few seconds. Drop one egg down the chute; process completely smooth before repeating with each remaining egg. Swirl in vanilla extract.

4. Shape: Line a baking sheet with parchment paper. Scrape dough into a pastry bag fitted with a plain ½-inch tip and pipe 18 domes (each 2 inches wide). Dip a finger in water and smooth out any stray points. Alternatively, use a round ice-cream scoop (about 2-inch diameter) dipped in water to portion out 18 domes.

5. Puff: Set rack in upper third of oven heated to 400 degrees. Bake puffs until puffed and golden, 20-22 minutes. Pierce each puff once with the tip of a sharp knife,

to release steam. Let cool.

6. Serve: Slice puffs along their waistlines and open, hamburger-bun style. Set three in each of six shallow bowls. Stuff each puff with ice cream. Close tops. Drizzle (or douse) with chocolate syrup.

Voila.

Chocolate syrup:

In a medium saucepan, whisk together ¾ cup water, ½ cup sugar and 1 pinch salt. Bring to a boil. Drop in 2 ounces unsweetened chocolate, cut up. Reduce heat to medium and whisk as mixture bubbles madly, then slows to a shiny syrup, about 8 minutes. Pull pan off heat. Drop in 2 tablespoons butter and whisk until it disappears. Whisk in 2 teaspoons vanilla extract and ¾ teaspoon instant espresso powder. Pour syrup into a serving pitcher. Let cool, 10 minutes. Makes: about 1 cup.

## Easiest ice cream ever

By Ligaya Figueras

The Atlanta Journal-Constitution

I spend an inordinate amount of time flipping through cookbooks and food magazines. I salivate over glossy photos of peach pie and slices of too-moist-to-be-true double-decker chocolate cake.

I lick my fingers while staring at gorgeous close-ups of glazed chicken wings, imagining the tingle of sweet heat on my tongue. All that beautifully styled food draws me in, but then I'll read the recipe and say, "no way."

What sets me off? A mile-long ingredient list, overly complicated instructions and too much hands-on cooking time, for starters. The one that really rubs me wrong: recipes that require special equipment.

That's probably the reason why I don't make ice cream at home. Only recently did I acquire a machine, but the end result came out tasting like cardboard. It's a treat best left to the pros.

But then came along Diana Henry's new cookbook, "How to Eat a Peach." Among the recipes is Turkish Coffee Ice Cream, a no-churn ice cream that requires only four ingredients — five, if you count water.

Diana Henry in her new cookbook, "How to Eat a Peach" The recipe requires few ingredients and no special equipment. Just mix and freeze.

2 tablespoons instant

espresso powder

Ground seeds from 10

green cardamom pods

1¼ cups heavy cream

¾ cup sweetened

condensed milk

Mix the coffee, 2 tablespoons boiling water and the ground cardamom together. Let cool.

Beat the cream and condensed milk together using an electric hand mixer until the mixture is quite thick, then stir in the spiced coffee.

Scrape into a container, cover with plastic wrap or a lid, and freeze. The ice cream doesn't need to be churned. It does become very firm, however, so you need to take it out of the freezer about 20 minutes before you want to serve it. Makes about 1 pint.



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