

# Lemon Profiteroles

*This was the dessert I chose when we were eating out recently, and it was so delicious I just had to come home and recreate it myself. It's a lovely spring twist on the classic chocolate profiterole – lighter, fresher, but every bit as indulgent.*

*And please don't feel put off if you've never made choux pastry before. It's actually much easier than you might think, just take it step by step and follow the recipe carefully, and you'll be absolutely fine!*

## Ingredients - Choux Pastry

100g Plain Flour  
50g Butter  
125ml Water  
3 Eggs (at room temperature) lightly beaten with a fork  
Grated zest of 1 Lemon



**PREPARATION: 20 MINS**

**BAKING: 20-25 MINS**

**PORTIONS: 6-8 | SKILL LEVEL: MEDIUM**

## Method - Choux Pastry

1. Preheat the oven to 220°C and line a large baking tray with parchment or silicone wax paper.
2. Place the butter in water and melt over a gentle heat, then bring to the boil \*
3. Remove from the heat and stir in the flour and lemon zest
4. Return to heat, stirring until mixture forms a ball in middle of pan. Allow to cool
5. Add the eggs (reserve a small drop back to glaze the top of the piped shapes) a little at a time and beat thoroughly on a mixer using the beater attachment between each addition.
6. Place the Choux pastry paste into a piping bag with a small plain nozzle.
7. Pipe mixture into swirls onto lined tray no more than 4cm in diameter, egg wash the Choux shapes flattening any little peaks where you have finished piping. Sprinkle the tray with water and place in a hot oven, don't open the oven for 18 minutes.
8. Reduce the oven to 180°C and bake for a further 5 minutes, they should now be a hard hollow shell.
9. Allow to cool completely, using a skewer make a hole in the bottom of each Choux bun.
10. They can be frozen now if you wish, taking care not to squash them, or keep in fridge for 3 to 4 days.

## Auds Tip ...

Make sure the water is boiling before adding the flour, otherwise a thin paste will form. You can freeze the empty profiterole shells if that makes timing easier, and the filling can be made in advance too.

## Ingredients - Lemon Cream Filling

4 Egg Yolks  
65g Caster Sugar  
15g Plain Flour, 15g Cornflour  
350ml Milk, 150ml Double Cream  
Grated zest of 1 small lemon  
Jar of Lemon Curd (you won't use a full jar in this recipe, a good part of it)



### Auds Tips ...

To give these profiteroles an extra dimension you can serve with a sweetened red berry compote on the side.

Once the pastry cream has been added to the profiteroles they need to be served reasonably quickly as they will start to soften the shells but all the components can be made in advance.

## Method - Lemon Cream Filling

1. In a bowl whisk together the egg yolks and sugar until they turn pale golden in colour. Whisk in the flour and cornflour. Set aside.
2. Place the milk in a heavy bottomed pan and bring to the boil, stir frequently so the milk doesn't catch and burn on the bottom of the pan.
3. Slowly pour a little of the milk onto the egg mixture, whisk well then add rest in 2 or 3 additions, it is important to do it in a few batches to avoid scrambling the egg.
4. Rinse out the pan you boiled the milk in, pour the custard into the clean pan and bring to the boil, stirring continuously so it doesn't burn on the bottom.
5. Once boiled, smooth and thick, put the pastry cream into a clean bowl and cover with cling film so the film is touching the pastry cream surface, this will stop a skin forming on the surface. Allow to cool.
6. In a clean bowl whisk the cream and lemon zest until it is just starting to thicken and form soft peaks, stir in 2 heaped dessertspoons of the lemon curd.
7. Carefully fold the lemon cream gently into the cooled pastry cream and place in a piping bag with a small nozzle.

### To assemble:

1. If you have frozen your profiteroles or stored them, they will need to be popped back in the oven for 6-8 minutes to re-crisp.
2. Allow the shells to cool again, and then, through the hole in the bottom that you created with the skewer, completely fill each shell with pastry cream using your piping bag.
3. Place onto your serving plate. You can just dust them with icing sugar, or make a little lemon glaze by taking a spoonful of lemon curd and mixing with a teaspoon of warm water, then run this over the top of each profiterole.

*This recipe makes approx 24 small profiteroles so depending how many you serve per person you will get 6-8 portions.*