

A Poisonous Palate

Book 14 of the Key West Food Critic Mysteries

Recipe

Profiteroles with Hot Fudge Sauce

Danielle has this dessert served at her wedding reception, in addition to the traditional wedding cake. Guests were offered a choice of ice cream to stuff inside, then hot fudge sauce was poured over the top of each puff at the table. Everyone agreed that it was spectacular! (If you want to go more low key for your book club meeting, skip the choux puffs and simply serve the hot fudge sauce over ice cream.)

Ingredients for the choux puff pastry

Note: Both the Joy of Cooking and Dorie Greenspan's Baking Chez Moi list these same ingredients, so it's hard to go wrong.

- 1/2 cup whole milk
- 1/2 cup water.
- 1 stick a.k.a. 8 tablespoons unsalted butter, cut into four pieces.
- 1 tablespoon sugar
- 1/2 teaspoon fine salt.
- Four large eggs at room temp.

Preheat the oven to 425 with the baking racks positioned at the bottom and top thirds of the oven.

Add the milk, water, butter, sugar, and salt to a medium sauce pan and bring to a low boil. Add the flour all at once and stir vigorously with a wooden spoon over medium low heat. Once the dough comes together, begin to add the eggs one by one, beating thoroughly after each addition, so no signs of yolk and white remain in the dough. The dough will come together into a smooth ball by the end of the last egg.

Using a cookie scoop, place the puffs on parchment lined baking sheets, about 2 inches apart.

Put the cooking sheets into the oven and turn the heat down to 375. Bake at this temperature for 20 minutes, then rotate the pans up and down and back to front and back to bake for another 10 to 15. You will know they are done

when they are beginning to brown and sound hollow when tapped. Transfer to a rack and let the puffs cool.

When it's time for dessert, slice the puffs in half and add a scoop or two of ice cream in between. Finally, douse in hot fudge sauce. Ooh la la!

Hot Fudge Sauce

This recipe for hot fudge sauce makes a lot. You could make half the amount if you don't want it lingering in the fridge...or give it away in little mason jars to friends. The recipe was based on one in the New York Times Cooking app.

Ingredients

- 2 cups heavy cream
- 4 tablespoons unsalted butter
- 1/2 cup light brown sugar
- 3/4 cup granulated sugar
- 1/4 teaspoon fine sea salt
- 2 ounces bittersweet chocolate in small pieces
- 1 1/4 cups sifted good quality cocoa
- 1/2 teaspoon vanilla extract

In a medium pan, combine the cream, butter, sugars and salt and bring to a simmer. Meanwhile cut the chocolate into pieces and sift the cocoa. (I used King Arthur triple cocoa blend and Ghirardelli's chocolate.)

When those ingredients are combined smoothly, add the chocolate pieces and stir until melted.

Add the cocoa and whisk everything well. Bring it back to a simmer and whisk until thick and shiny. Take the pan off the heat and whisk in the vanilla.

Serve over ice cream, waffles, profiteroles, whatever suits your fancy! Store in the refrigerator and warm it over low heat on the stove or for 30 seconds or less in the microwave.