

GUASTELLO'S VILLAGE MARKET

Decadent Cream Puffs with Praline Sauce and Toasted Pecans

Serves 8

Ingredients

1/2 cup butter
1 cup all-purpose flour
1/8 teaspoon table salt
4 large eggs
Vegetable cooking spray
Parchment paper
4 cups butter-pecan ice cream
Praline Sauce (recipe below)
1 cup coarsely chopped toasted pecans

Preheat oven to 400°. Bring 1 cup water to a boil in a large saucepan over medium-high heat. Reduce heat to low, and add butter, stirring until melted.

Stir in flour and salt, beating vigorously with a wooden spoon 1 minute or until mixture leaves sides of saucepan. Remove from heat, and cool 5 minutes. Add eggs, 1 at a time, beating with wooden spoon until smooth. Drop by rounded 1/4-cupfuls, 2 inches apart, onto a lightly greased (with cooking spray) parchment paper-lined baking sheet.

Bake at 400° for 30 to 35 minutes or until puffed and golden brown. Remove from oven, and, using a wooden pick, poke a small hole into side of each cream puff to allow steam to escape. Cool completely on baking sheet on a wire rack (about 30 minutes).

Cut each cream puff in half horizontally; remove and discard any soft dough inside. Spoon 1/2 cup ice cream onto each bottom half; top cream puffs with remaining halves. Spoon 3 Tbsp. Praline Sauce over each puff; sprinkle with toasted pecans. Serve immediately with remaining sauce.

Cook's Note:

It may be tempting to use a stand mixer for the cream puff batter, but it pays to mix it by hand: You need to see when the mixture is smooth and shiny, which will prevent overmixing.

Praline Sauce:

1 cup firmly packed light brown sugar
1/2 cup half-and-half
1/2 cup butter
Pinch of salt
1 teaspoon vanilla extract

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Bring brown sugar, half-and-half, butter, and a pinch of salt to a boil in a small saucepan over medium heat, stirring constantly. Cook, stirring constantly, 1 minute. Remove from heat, and stir in vanilla. Let stand 10 minutes. Serve warm.

Credit: myrecipes.com