

PROFITEROLES

— A profiterole, cream puff (US), or choux à la crème (French) is a filled French choux pastry ball with a typically sweet and moist filling of whipped cream, custard, pastry cream, or ice cream. The puffs may be decorated or left plain or garnished with chocolate sauce, caramel, or a dusting of powdered sugar. Savory profiteroles are also made, filled with pureed meats, cheese, and so on. These were formerly common garnishes for soups.

Traditionally profiteroles prepare on the basis of wheat flour (with a high gluten content).

Presented items are not containing wheat flour at all.

Ingredients:

Wholegrain oat flour from national naked oat cultivars, water, eggs, oil, salt.

Method

Choux paste (or pastry) uses the power of steam to puff up, whether in the oven, hot oil, or boiling water. Choux has no special leavening agents - it's just made from water, oil, flour, salt, and eggs.

In our recipe we used hydrothermal pre-treatment (HPT) of oat grain that allow to reduce the characteristic taste of oats and bitterness in a finished products, and extends the shelf life of flour, produced from the treated grain. HPT of oat grain also influences rheological behavior of a dough and structure of the finished product.

The profiteroles bake at 180 degrees in preheated oven for 35-40 minutes until browned.

Ways of serving

For desserts we recommend fill profiteroles with light cream-fruit mousse, berry or fruit jelly.

Also they can be served as tasty **snack profiteroles** stuffed with red and black caviar, curd mass, vegetables, meat mash, salads, paste and so on.

Nutrition values of oat profiteroles (100 g)

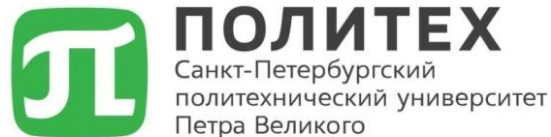
Proteins, g	13.0
Lipids, g	32.4
Carbohydrates, g	17.1
Caloric content, kcal/ kJ	367 / 1538

Benefits (profits)

Consumption of profiteroles, obtained from whole grain oats, rich in beta-glucans and arabinoxylans, mineral substances, protects against cardiovascular diseases, type II diabetes, obesity, and certain kinds of cancer.

Oat profiteroles are prepared on the basis of grain from the celiac non-toxic oat cultivars.

The recipe of a dietary semi-finished product from oat flour that is free from sucrose and wheat gluten may be recommended in the diet of people with diabetes and celiac disease.



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**Profiterole
«North»**

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