
Decadent Cream Puffs with Praline Sauce

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 25 minutes

1/2 cup butter

1 cup all-purpose flour

1/8 teaspoon table salt

4 large eggs

4 cups butter-pecan ice cream

Praline Sauce (see recipe under "Sauces/ Dessert")

1 cup coarsely chopped toasted pecans

Preheat the oven to 400 degrees.

In a large saucepan over medium-high heat, bring one cup of water to a boil. Reduce the heat to low. Add the butter, stirring until melted.

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

Bake in the preheated oven until puffed and golden brown, 30 to 35 minutes. Remove from the oven, and, using a wooden pick, poke a small hole into the side of each cream puff to allow steam to escape. Cool completely on a 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 of ice cream onto each bottom. Top the cream puffs with the remaining halves. Spoon three tablespoons of Praline Sauce over each puff. Sprinkle with toasted pecans.

Serve immediately with the remaining sauce.

Dessert

Per Serving (excluding unknown items): 196 Calories; 14g Fat (65.2% calories from fat); 5g Protein; 12g Carbohydrate; trace Dietary Fiber; 137mg Cholesterol; 187mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat.