

HERBED GRUYERE GOUGERES

Sound fancy? Definitely. Hard to make? Not at all! Serve these tasty puffs as an appetizer for your next party.

 30 minutes 1 hour 31 portions

INGREDIENTS

- 1/2 cup milk (not skim)
- 1/2 cup water
- 1 stick salted butter (1/2 cup)
- 1 teaspoon ground nutmeg
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon Kosher salt
- 2 teaspoons mixed dried herbs (dill, thyme, rosemary, tarragon)
- 1 cup all-purpose flour
- 4 large eggs
- 2 scallions (green parts only), finely minced
- 1 cup shredded Gruyere cheese

COOKING METHOD

- 1° Preheat the oven to 400 degrees F.
- 2° In a medium bowl, whisk together the flour, salt, pepper, nutmeg, and herbs.
- 3° In a medium saucepan, combine the milk, water, and butter. Bring the mixture to a boil over high heat.
- 4° Turn the heat down to medium low, and add the flour mixture all at once. Stir together vigorously (hello upper body workout!) until flour is incorporated. There will be a film on the bottom of the pan (this is OK). A wooden spoon works great for this.
- 5° Transfer the dough to the bowl of a mixer. Turn on the mixer to medium speed, and add the eggs, one at a time, until they are incorporated. Add the cheese and scallions, and mix until just combined.
- 6° Transfer the dough to a pastry bag (or a ziploc bag; snip the corner tip off so that you can use it just like a pastry bag). Pipe equal size dough balls onto a parchment lined cookie sheet, giving them each at least one inch (they will slightly puff and expand).
- 7° Bake the gougeres for about 20 minutes, or until puffy, slightly browned, and dry in the middle (break one apart. You need to taste test, of course).
- 8° Puffs can be served warm or at room temperature. To make them even more fancy, you can pop holes in the bottom and fill with an herbed cream cheese mixture.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (27 g)	% DRI
ENERGY	248 kcal	68 kcal	3 %
FAT	18 g	5 g	7 %
FATTY ACIDS, TOTAL SATURATED	10 g	3 g	14 %
CHOLESTEROL	132 mg	36 mg	12 %
SODIUM	358 mg	98 mg	4 %
CARBOHYDRATE	13 g	4 g	1 %
SUGARS	0 g	0 g	—
FIBER	1 g	0 g	1 %
PROTEIN	9 g	2 g	—