



# SAVORY PUFFS

## INGREDIENTS

For the choux pastry

125 g (4.4 fl oz) water

60 g (2.1 oz) butter

100 g (3.5 oz) all-purpose flour sifted

2 beaten eggs (100 g or 3.5 oz)

Salt and pepper to season

Pinch of nutmeg

For the garnish

Finely chopped ham (20 seconds in a food processor for a fine cut)

Stilton cheese

Duxelle of mushroom: Finely chopped onions and mushrooms sautéed in butter, seasoned with a touch of parsley

The ratio to flavor for the choux pastry is one third of the weight. So for 100 grams choux pastry (3.5 oz) I use 30 grams garnish

## METHOD

To make the choux pastry, in a medium saucepan, combine the water, butter, seasoning and nutmeg and bring the mixture to a boil over medium heat. As soon as the mixture boils, remove it from the heat. Add the sifted flour all at once, and stir vigorously with a wooden spoon until a ball of dough forms.

Return the pan to the heat over medium-low and cook the dough for about 3 minutes to remove excess moisture. Stir constantly to prevent sticking. Once done, transfer the dough to a large bowl.

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## METHOD

Let the dough cool slightly, then gradually incorporate the beaten eggs, mixing well after each addition. The dough should be smooth and glossy. Once the eggs are fully incorporated, add the flavoring(s) of your choice from the garnish list.

To cook the savoury puffs, heat oil in a deep fryer or heavy-bottomed saucepan to 170°C (338°F) (maximum).

Use a teaspoon to measure out small amounts of choux pastry and carefully drop them into the hot oil. Fry them for around 5 minutes or until golden brown and cooked through. Remove the puffs from the oil using a slotted spoon and place on a paper towel to drain excess oil. Serve immediately and enjoy with a gourmet dipping sauce of your choice.

### Tips

**Temperature Control:** It's important to maintain a consistent frying temperature (around 170°C (338°F)) for even cooking and proper texture.

**Size Matters:** Keep the size of the choux pastry consistent for even frying. Small teaspoon-sized portions work well.

**Flavors:** Customize your choux pastry with the garnish options or any other flavors you like, such as finely chopped herbs or other types of cheese.

**Frying in Batches:** Fry the choux pastry in small batches to prevent overcrowding and maintain the oil temperature.