



Gougères

INGREDIENTS

- 85g butter
- 250ml water (or chicken stock)
- ½ tsp salt
- ½ tsp nutmeg
- 125g flour
- 3 eggs
- 115g gruyère cheese (cut in small cubes)
- 125ml milk (for brushing)
- Pepper to taste



Serves: 2 (15 pieces)



Prep Time: 15 min



Cooking Time: 25 min

METHOD

1. Preheat the oven to 190°C.
2. Place butter, water, salt, pepper and nutmeg into a saucepan.
3. Bring to a boil and remove from the heat.
4. Add in the flour all at once and mix with a wooden spoon until smooth. The mixture will pull away from the sides of the saucepan and form a ball.
5. Place the saucepan back onto low heat and beat for 1-2 minutes to dry the paste somewhat. The mixture should pull away from the sides of the pan.
6. Remove from the heat and let cool for about 3 minutes (or stir to cool faster).
7. Add the eggs one at a time, beating vigorously with a wooden spoon after each addition. You want a smooth, soft, glossy paste that falls easily from the spoon.
8. Stir in the cheese.
9. Using a spoon, simply drop the mixture onto a lined baking tray (in even amounts, for even cooking).
10. Brush with milk so they will emerge golden and shiny.
11. Bake for 25-35 minutes until puffed up, nicely browned, and feather light when you pick one up. Do not open the oven during the cooking process or until the pastry is cooled to room temperature.



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