

Cheddar and Parmesan Gougères

Cuisine: **French**
Food category: **Side dishes**



Author: **Chloé Lasseron**

Company: **Retigo**



Program steps

Preheating:

200 °C

1

 Hot air

 100 %

 Termination by time

 00:20 hh:mm

 195 °C

 90 %



Ingredients - number of portions - 8		
Name	Value	Unit
butter soft	80	g
unbleached all-purpose flour	150	g
Whole milk lukewarm	125	ml
water	125	ml
salt	1	g
freshly ground black pepper, ground	1	g
chicken eggs	4	pcs
cheddar cheese	50	g
parmesan cheese	50	g

Nutrition and allergens	
Allergens: 1, 3, 7	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	192.5 kJ
Carbohydrate	14 g
Fat	12.5 g
Protein	5.9 g
Water	0 g

Directions

In a saucepan, place the butter and milk, a pinch of salt and a pinch of pepper.

Bring to a boil, then remove from heat and quickly incorporate the flour using a spatula.

Return the saucepan to low heat to dry out the dough and stir continuously.

When the dough forms a ball that no longer sticks to the sides, remove from heat.

Add 4 eggs, incorporating them into the dough one by one until everything is homogeneous.

Then add the grated cheese.

Place the choux pastry into a piping bag and pipe the choux onto a rectangular baking sheet.