



Chorizo Puffs

READY IN



70 min.

SERVINGS



60

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons cayenne pepper
- ☐ 0.5 cup chorizo sausage diced finely
- ☐ 4 eggs
- ☐ 1 cup flour for dusting all-purpose
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 cup ground coriander
- ☐ 2 tablespoons ground cumin
- ☐ 0.5 cup kosher salt
- ☐ 0.8 cup manchego cheese diced

- ☐ 2 tablespoons paprika sweet spanish
- ☐ 0.3 teaspoon salt fine
- ☐ 0.3 pound butter unsalted cut into small cubes
- ☐ 60 servings vegetable oil for frying
- ☐ 1 cup water

Equipment

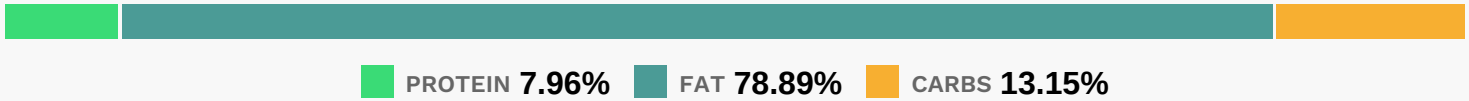
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer
- ☐ wooden spoon
- ☐ wok
- ☐ pastry bag

Directions

- ☐ Special equipment: a large pastry bag fitted a large plain tip, an electric mixer fitted with a paddle attachment
- ☐ Heat a small saute pan over low heat and lightly cook the chorizo.
- ☐ Remove from the pan and let cool.
- ☐ Combine the chorizo, cheese, and green onion and set aside.
- ☐ Put the water, butter, and salt in a heavy 4-quart saucepan. Bring to a boil over high heat, stirring occasionally, to melt the butter.
- ☐ Remove from the heat and add the flour all at once. Stir with a wooden spoon until the dough comes together to form a ball. Return the pan to medium-high heat and beat constantly until a film develops on the bottom of the pan, about 2 minutes. Do not let it burn
- ☐ Transfer the dough to an electric mixer fitted with a paddle attachment.
- ☐ Add the eggs 1 at a time, beating well after each addition. Scrape down the sides of the bowl and continue to beat the dough for about 3 to 4 minutes at high speed. Stir the chorizo mixture into the dough until evenly distributed.

- ☐ Transfer to a pastry bag. On a lightly floured work surface, pipe into 1-foot long ropes and cut into 1 1/2-inch pieces. Lightly dust with flour.
- ☐ Pour 2 cups of vegetable oil into a wok and heat to 375 degrees F. Using a metal spoon drop the dough pieces into the hot oil. Fry the chorizo puffs for 2 1/2 minutes on each side or until golden. Take care not to over crowd the oil.
- ☐ Drain on absorbent paper and season immediately with 1 teaspoon of the Spice
- ☐ Mixture. Repeat until all dough has been used.
- ☐ Serve warm.
- ☐ Stir all the ingredients together in a small bowl. Store in a jar with a tight-fitting lid.

Nutrition Facts



Properties

Glycemic Index:2.65, Glycemic Load:1.17, Inflammation Score:-2, Nutrition Score:1.5782608649005%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 62.07kcal (3.1%), Fat: 5.54g (8.52%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.06g (0.07%), Cholesterol: 17.88mg (5.96%), Sodium: 966.7mg (42.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin K: 6.41µg (6.11%), Vitamin A: 230.13IU (4.6%), Vitamin E: 0.4mg (2.68%), Selenium: 1.75µg (2.5%), Calcium: 23.79mg (2.38%), Iron: 0.43mg (2.37%), Manganese: 0.04mg (1.81%), Vitamin B2: 0.03mg (1.75%), Folate: 5.72µg (1.43%), Vitamin B1: 0.02mg (1.39%), Fiber: 0.33g (1.31%), Phosphorus: 11.96mg (1.2%)