



Pastry Puffs with Caviar

READY IN



45 min.

SERVINGS



24

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 oz caviar (75 g; preferably sevruga or osetra)
- ☐ 2 large eggs raw ()
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 large hardboiled eggs
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter unsalted cut into small pieces
- ☐ 0.5 cup water

Equipment

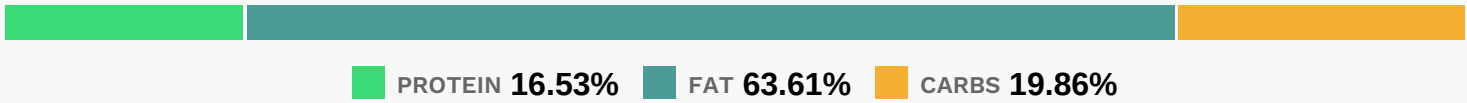
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ wooden spoon
- ☐ pastry bag
- ☐ serrated knife

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F. Butter a large baking sheet.
- ☐ Bring water, butter, and salt to a boil in a 1 1/2- to 2 1/2-quart heavy saucepan over high heat, stirring. Reduce heat to moderate.
- ☐ Add flour all at once and cook, beating with a wooden spoon until mixture pulls away from side of pan, about 45 seconds.
- ☐ Remove from heat and cool slightly, then add 2 raw eggs 1 at a time, beating well with wooden spoon after each addition.
- ☐ Transfer mixture to pastry bag and pipe 24 mounds (about 1 inch wide by 1 inch high) onto baking sheet, spacing them about 1 inch apart. With a finger dipped in water, lightly tap down points on mounds to make tops round.
- ☐ Bake profiteroles until puffed and golden, 20 to 25 minutes.
- ☐ Remove from oven and pierce each profiterole once with a wooden pick. Turn off oven and return profiteroles to oven, letting them stand in residual heat 5 minutes more.
- ☐ Transfer to a rack to cool completely.
- ☐ Horizontally cut off top third of each profiterole with a serrated knife and discard tops. Force boiled egg through a medium-mesh sieve into a small bowl and stir in parsley. Spoon a rounded 1/4 teaspoon caviar into each profiterole and sprinkle with a bit of egg mixture.

Profiteroles can be baked and cooled 1 day ahead, then kept in an airtight container at room temperature. Recrisp in a preheated 350°F oven, 5 minutes, before cutting and filling.

Nutrition Facts



Properties

Glycemic Index:4.46, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:2.2256521673306%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 43.48kcal (2.17%), Fat: 3.09g (4.75%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.05g (0.05%), Cholesterol: 45.72mg (15.24%), Sodium: 77.67mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin B12: 0.65µg (10.91%), Selenium: 4.76µg (6.8%), Vitamin B2: 0.06mg (3.64%), Iron: 0.58mg (3.23%), Vitamin K: 2.94µg (2.8%), Vitamin A: 133.19IU (2.66%), Magnesium: 10.32mg (2.58%), Phosphorus: 25.82mg (2.58%), Folate: 9.44µg (2.36%), Vitamin B5: 0.21mg (2.11%), Vitamin B1: 0.03mg (1.96%), Vitamin D: 0.25µg (1.67%), Calcium: 12.85mg (1.28%), Vitamin E: 0.18mg (1.19%), Manganese: 0.02mg (1.07%), Vitamin B6: 0.02mg (1.02%)