



Pâte à Choux Shells (French Pastry Shells)

 Vegetarian

READY IN



140 min.

SERVINGS



12

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large eggs at room temperature
- 1 cup flour all-purpose
- 1 tablespoon granulated sugar
- 0.3 teaspoon salt fine
- 8 tablespoons butter unsalted cut into 8 pieces (1 stick)
- 0.5 cup water as needed plus more
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- wire rack
- wooden spoon
- stand mixer

Directions

- Heat the oven to 425°F and arrange a rack in the middle. Line a baking sheet with parchment paper; set it aside.
- Heat the butter, milk, measured water, sugar, and salt in a medium saucepan over medium-high heat until the butter has melted and the liquid has come to a boil. Reduce the heat to low, add the flour all at once, and stir vigorously with a wooden spoon until well incorporated. Cook, stirring constantly, until the dough looks shiny and feels smooth to the touch, and a thin film has formed on the bottom of the pan, about 5 minutes. (The dough will easily form 1 large ball.)
- Transfer the dough to the bowl of a stand mixer fitted with a paddle attachment and let it cool for 5 minutes. Meanwhile, fill a small bowl with water and set it aside. With the mixer on medium-low speed, beat in the eggs 1 at a time, letting each egg completely incorporate before adding the next, until the mixture is smooth, sticky, and glossy, about 4 to 5 minutes total.
- Transfer the dough to a large resealable bag and cut off about 3/4 inch from one corner of the bag. Pipe 12 (2-inch-wide) round mounds onto the prepared baking sheet, making sure they're about 1 1/2 inches apart. Dip your finger in the bowl of water and smooth the top of each mound.
- Place the baking sheet in the oven, reduce the temperature to 350°F, and bake until the puffs are golden brown, airy, and completely dry inside, about 45 to 50 minutes (do not open the oven door until at least 45 minutes have passed).
- Transfer the baking sheet to a wire rack and let the puffs cool completely, about 30 minutes.

Nutrition Facts

PROTEIN 10.34% FAT 62.15% CARBS 27.51%

Properties

Glycemic Index:15.26, Glycemic Load:6.63, Inflammation Score:-2, Nutrition Score:3.6995652292086%

Nutrients (% of daily need)

Calories: 138.62kcal (6.93%), Fat: 9.59g (14.75%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 9.26g (3.37%), Sugar: 1.58g (1.76%), Cholesterol: 83.29mg (27.76%), Sodium: 77.72mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Selenium: 8.94µg (12.77%), Vitamin B2: 0.14mg (8.53%), Vitamin A: 339.71IU (6.79%), Folate: 27.18µg (6.79%), Vitamin B1: 0.09mg (6.31%), Phosphorus: 56.76mg (5.68%), Iron: 0.78mg (4.32%), Vitamin D: 0.59µg (3.9%), Manganese: 0.08mg (3.83%), Vitamin B12: 0.22µg (3.65%), Vitamin B5: 0.35mg (3.49%), Vitamin B3: 0.64mg (3.21%), Vitamin E: 0.4mg (2.69%), Calcium: 25.98mg (2.6%), Zinc: 0.34mg (2.26%), Vitamin B6: 0.04mg (1.97%), Copper: 0.03mg (1.51%), Potassium: 51.67mg (1.48%), Magnesium: 5.8mg (1.45%), Fiber: 0.28g (1.13%)