



Persian Cream Puffs (Noon'e Chamei)

READY IN



45 min.

SERVINGS



20

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon cardamom
- ☐ 5 eggs
- ☐ 1 cup flour
- ☐ 1 cup honey
- ☐ 4 oz parve margarine unsalted
- ☐ 1 cup powdered sugar
- ☐ 0.3 cup rosewater
- ☐ 0.5 teaspoon saffron threads
- ☐ 0.5 teaspoon salt

- ☐ 1 cup water
- ☐ 8 oz parve whipping cream

Equipment

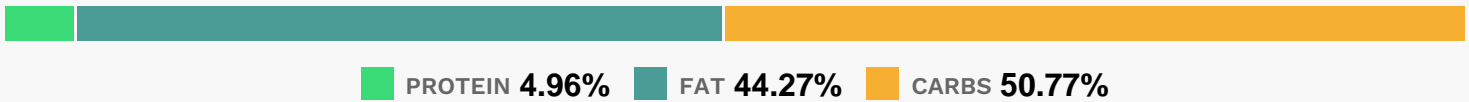
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ stand mixer
- ☐ microwave
- ☐ ice cream scoop
- ☐ kitchen scissors
- ☐ pastry bag
- ☐ serrated knife

Directions

- ☐ Preheat oven to 400°F. Line two cookie sheets with parchment paper.
- ☐ In a small nonstick saucepan, bring water, margarine, and salt to a boil. When margarine melts, add flour all at once, stirring rapidly. Reduce heat to medium and continue to cook until a ball of dough that detaches easily from the pot forms. Set aside and let cool for 10 minutes.
- ☐ In the meantime, make the cream filling by beating the parve whipping cream until it forms peaks.
- ☐ Add the powdered sugar and mixing well. Store in a cool place until ready to use.
- ☐ Transfer cooled dough to the bowl of stand mixer fitted with a flat paddle attachment.
- ☐ Add eggs, one by one, making sure each egg has completely incorporated into the dough before adding the next.

- ☐ Transfer dough to a pastry bag fitted with a large star pastry tip (Wilton 4B is perfect) or simply use an ice cream scoop to form puffs. Form meringue-like mounds, 3" in diameter and 2" in height, directly on the prepared pans.
- ☐ Bake for 20 minutes until golden brown; transfer puffs to a cooling rack.
- ☐ When the puffs are completely cooled, cut in half, using a serrated knife, and fill the cavity with whipped cream.
- ☐ Optional: To make the syrup, mix all ingredients in a bowl and microwave for 1 minute.
- ☐ Drizzle cooled syrup on cream puffs right before serving. Can also be served with a drizzle of melted chocolate or sprinkled with powdered sugar.
- ☐ Tricks of the trade
- ☐ If you lack a pastry bag and pastry tip you can use a storage-size zipper-top bag and cut off one corner with scissors, or use an ice cream scoop to shape. Keep in mind: It is important there are no cold drafts in your kitchen when you make these or they will deflate when taken out of the oven. Once cooked, these freeze beautifully.
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Nutrition Facts



Properties

Glycemic Index:10.11, Glycemic Load:10.74, Inflammation Score:-3, Nutrition Score:2.8034782649382%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 192.83kcal (9.64%), Fat: 9.77g (15.03%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 25g (9.09%), Sugar: 20.17g (22.41%), Cholesterol: 53.73mg (17.91%), Sodium: 131.81mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin A: 428.92IU (8.58%), Selenium: 6.01µg (8.58%), Vitamin B2: 0.11mg (6.6%), Folate: 17.46µg (4.36%), Vitamin B1: 0.06mg (3.76%), Phosphorus: 37.18mg (3.72%), Manganese: 0.07mg (3.72%), Iron: 0.58mg (3.2%), Vitamin D: 0.4µg (2.68%), Vitamin E: 0.4mg (2.66%), Vitamin B5: 0.24mg (2.41%), Vitamin B12: 0.12µg (2.03%), Vitamin B3: 0.41mg (2.03%), Calcium: 17.94mg (1.79%), Zinc: 0.26mg (1.71%), Vitamin B6: 0.03mg (1.51%), Copper: 0.03mg (1.34%), Potassium: 44.57mg (1.27%), Magnesium: 4.24mg (1.06%)