

STARTER & SNACK

Sweet or Savory Pate a Choux

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	CALORIES
35 min	5 min	30 min	48	33 kcal

Sweet or Savory Pate a Choux takes about 35 minutes from beginning to end. This recipe serves 48. One serving contains 33 calories, 1g of protein, and 2g of fat. For 5 cents per serving, this recipe covers 1% of your daily requirements of vitamins and minerals. 15 people have made this recipe and wo...

Ingredients

- ☐ 6 tablespoons 3/4 stick butter
- ☐ 5¾ ounces flour
- ☐ 1 teaspoon salt (for savory)
- ☐ 1 cup eggs, about 4 large eggs and 2 whites
- ☐ 1 tablespoon sugar plus 1/8 teaspoon salt (for sweet)
- ☐ 1 cup water

EQUIPMENT Bowl, Oven, Knife, Blender

Method

- 1

Preheat oven to 425 degrees F.
- 2

Boil water, butter, and salt or sugar.
- 3

Add flour and remove from heat. Work mixture together and return to heat. Continue working the mixture until all flour is incorporated and dough forms a ball.

- 4 Transfer mixture into bowl of a standing mixer and let cool for 3 or 4 minutes. With mixer on stir or lowest speed add eggs, 1 at a time, making sure the first egg is completely incorporated before continuing. Once all eggs have been added and the mixture is smooth put dough into piping bag fitted with a round tip. Pipe immediately into golfball-size shapes, 2 inches apart onto parchment lined sheet pans. Cook for 10 minutes, then turn the oven down to 350 degrees F and bake for 10 more minutes or until golden brown. Once they are removed from the oven pierce with a paring knife immediately to release steam.

Nutrition per serving

33	1 g	2 g	3 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.1 g · 7% of daily needs
Sugar			0.3 g · 0% of daily needs
Sodium			67.2 mg · 3% of daily needs
Cholesterol			22.6 mg · 8% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/sweet-or-savory-pate-a-choux-148426