



Thyme Gougères

READY IN



45 min.

SERVINGS



55

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup asiago cheese grated
- 1 pinch ground pepper
- 5 large eggs
- 1 cup flour all-purpose
- 2 teaspoons thyme sprigs fresh plus more for garnish
- 1 cup gruyere cheese grated
- 1 pinch kosher salt
- 0.3 cup butter unsalted ()

Equipment

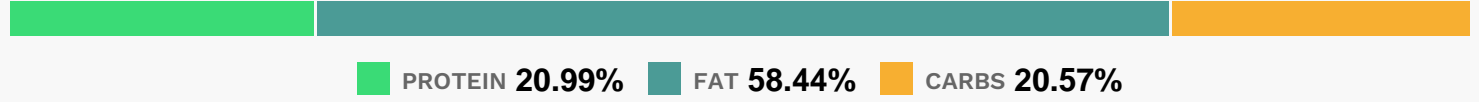
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- stand mixer
- ziploc bags
- pastry bag

Directions

- Preheat oven to 400°F. Line 2 large bakingsheets with parchment paper. Bring butter and 1 cup water to a boil in a large heavysaucepan.
- Remove from heat.
- Add flour, cayenne, and salt; stir vigorously to blend. Return to heat; stir vigorously over medium heat until mixture forms a ball and a thin, dry film forms on bottom and sides of pan, about 1 minute.
- Transfer mixture to a stand mixer fitted with a paddle attachment.
- Add 1 cup Gruyère, Asiago, and 2 teaspoons thyme; beat on low speed to blend.
- Add 4 eggs, one at a time, fully incorporating each egg between additions, and scraping down sides of bowl as needed.
- Spoon dough into a pastry bag fitted with a 1/2" tip or a plastic bag with 1/2" cut diagonally from 1 corner. Pipe dough on top prepared baking sheets in 1"-1 1/4" rounds, spacing 1" apart.
- Whisk remaining egg with 1 tablespoon water in a small bowl.
- Brush egg wash lightly over rounds, patting down to form rounded tops.
- Sprinkle with remaining 3 tablespoons Gruyère.
- Garnish each with a few thyme leaves.

- Bake gougères until puffed and goldenbrown and centers are cooked through butstill moist, 20-25 minutes.
- Let cool slightlyand serve. DO AHEAD: Can be made 1 monthahead.
- Let cool completely. Store airtightin freezer. Rewarm in 325°F oven until hot,10-15 minutes.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:1.27, Inflammation Score:-1, Nutrition Score:1.25565217241%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 35.73kcal (1.79%), Fat: 2.3g (3.54%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.04g (0.04%), Cholesterol: 22.39mg (7.46%), Sodium: 39.02mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Selenium: 2.73µg (3.9%), Calcium: 38.44mg (3.84%), Phosphorus: 32.61mg (3.26%), Vitamin B2: 0.04mg (2.5%), Vitamin A: 84.39IU (1.69%), Folate: 6.66µg (1.67%), Vitamin B12: 0.09µg (1.53%), Vitamin B1: 0.02mg (1.44%), Zinc: 0.2mg (1.3%), Iron: 0.21mg (1.16%)