



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

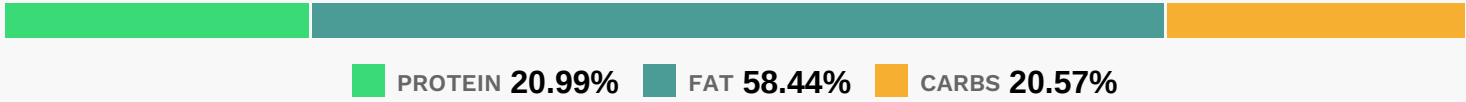
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ ziploc bags
- ☐ pastry bag

Directions

- ☐ Preheat oven to 400°F. Line 2 large bakingsheets with parchment paper. Bring butterand 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 mediumheat until mixture forms a ball and a thin,dry film forms on bottom and sides of pan,about 1 minute.
- ☐ Transfer mixture to a standmixer fitted with a paddle attachment.
- ☐ Add1 cup Gruyère, Asiago, and 2 teaspoons thyme;beat on low speed to blend.
- ☐ Add 4 eggs,one at a time, fully incorporating each eggbetween additions, and scraping down sidesof bowl as needed.
- ☐ Spoon dough into a pastry bag fittedwith a 1/2" tip or a plastic bag with 1/2" cutdiagonally from 1 corner. Pipe dough ontoprepared baking sheets in 1"–1 1/4" rounds,spacing 1" apart.
- ☐ Whisk remaining egg with1 tablespoon water in a small bowl.
- ☐ Brush eggwash lightly over rounds, patting down toform rounded tops.
- ☐ Sprinkle with remaining3 tablespoons Gruyère.
- ☐ Garnish each with a fewthyme 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%)