

Gluten-free Pastry Puffs

Created by Gretchen Moran, FSHN graduate student

Ingredients:

1 cup water
1 cup tapioca flour/starch
½ cup butter
1 teaspoon sugar
4 eggs

Directions:

Preheat the oven to 425°F. Line cookie sheets with parchment paper.

Bring water, butter and sugar to a boil. Immediately remove from heat and stir in tapioca flour, stirring constantly until mixture becomes stringy and pulls away from the sides of the pan. This must be done as quickly and rigorously as possible. There will be small lumps in the mixture when combined. Allow to cool for 1-2 minutes.

Add one egg at a time and blend well before adding the next egg. Once mixture becomes a bit thinner (after 1 or 2 eggs), begin blending thoroughly using a whisk. It may be slightly lumpy.

Transfer mixture to a pastry bag with a ½ inch opening (or place in a plastic bag and snip off one corner). Pipe batter into small mounds of desired size. Reshape batter using a wet finger to avoid sticking.

Note: Larger shapes work well also, but won't rise as high as smaller ones.

Place in oven for ten minutes, then reduce heat to 350°F for an additional 20-30 minutes and bake until top is golden brown and inside sounds hollow and light when tapped on the top. Remove and allow cooling on a wire rack.

Fill, or top, with favorite whip cream, lemon curd, or chocolate mousse. Larger puffs may be served with a slice of prosciutto, slice of parmesan cheese and a slice of red onion.

Yield: 60 medium puffs (1 ½ teaspoons each)

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

Nutrition Facts	
Serving Size 3 puffs	
Servings Per Container 20	
Amount Per Serving	
Calories 80	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 4%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	