



Perfect Gluten Free Choux Puffs

{ gluten-free }

Makes 26 2" puffs.

MAKE IN ADVANCE:

- Choux Puffs can be frozen after cooling completely, in an airtight ziptop bag. To use, heat it up in 350f oven until warm ~15 minutes.

INGREDIENTS

1/2 C or 1 stick (4oz or 113g) organic grass-fed butter

1/2 C (4 fl.oz) water

1/2 C (4 fl.oz) organic unsweetened almond milk or other milk

1 tsp maple sugar or raw cane sugar (omit for savory)

1/4 tsp kosher salt

1 C (4.5oz or 130g) gluten-free flour blend (I used Bob's Red Mill Gluten-Free 1 to 1 Baking Flour)

1/4 tsp xanthan gum **ONLY IF gluten-free flour blend above does NOT already contain xanthan gum**

4 large eggs, preferably measured by weight 8oz or 227g, room temperature

plus 1 more egg for egg wash (whisked with a pinch of salt added)



optional: sliced almonds for sweet pastry or for savory pastry, you can use coarse salt, sesame seeds, everything-but-the-bagel blend, etc.

METHOD

Preheat oven to 375f. Line two large baking sheets (if your oven can hold both, or else do one baking sheet at a time) with parchment paper. Set up your stand mixer with paddle attachment, a piping bag ready to be filled, and room temperature eggs.

If your gluten-free flour mix does not already contain xanthan gum (check the label), whisk it into your flour now. I used Bob's Red Mill Gluten-Free 1 to 1 Baking Flour which already contains it so I skip this step.

Heat butter, water, milk, sugar (if using for sweet pastry) and salt in a medium pot over medium heat. Once it comes to a boil, take it off heat and immediately dump in the gluten-free flour, beating with a wooden spoon until combined and a dough begins to form and pull away from the side of the pot. Put the pot back on medium heat and let it cook and dry out a bit, about 20 seconds.

Put the dough in a stand mixer and beat it with the paddle attachment at low speed for a few minutes to cool the dough down and release the steam.

Next, we add eggs one at a time. For best results, you should measure out your eggs by weight since even "large eggs" varies in size. For choux pastry like this, even 1/2 tsp more or less of egg can cause the dough to go from perfect to too runny or too thick. Whether you have a kitchen scale or



not, it is wise to use your eyes to tell you when you have put enough egg or not, directions as follows.

Beat in one at a time, the first 3 eggs, on medium speed of stand mixer, allowing each to be completely incorporated before continuing with the next. Scrape down sides of the bowl as needed.

After 3 eggs, turn the mixer up to high and beat until the dough smooths out, about a minute. Then, lightly whisk the 4th egg and start beating it in bit by bit and check consistency. The dough should be thick (not runny), glossy, a little sticky but still pliable and pipeable when put into a piping bag. If after the 4th egg, the dough is still too thick, whisk some of a 5th egg a little bit at a time while beating until you achieve the right dough consistency.

Snip the tip of the piping bag into ~1/2" opening. Use a spatula to scrape the dough into the bag - do this in two batches if you can't fit all the dough at once. First schmear a small dot of dough on all four corners of the baking sheet to keep the parchment paper down during baking. Holding the piping bag straight up and down (not at an angle), pipe out ~1.5" mounds. These will puff up to ~2" in diameter so leave some space between your piped mounds. Use finger tips dipped in water to gently smooth out lumps as needed. Repeat for the second baking sheet. Use a soft pastry brush to brush on the egg wash. Sprinkle toppings like nuts or sesame seeds, if using.

Place the baking sheets in the oven, close the door but wedge a wooden spoon to keep the door ajar. Bake in the oven for ~30 minutes, or when the tops are golden brown (with the spoon in place the whole time). Turn off oven and allow to cool for 30-60 minutes to properly dry out all the way (take one out and cut with a knife to be sure). Once fully cooled, these can be stored in airtight



container or zip-top bag in the freezer. Warm directly from freezer in a 350°F oven for 10-15 minutes or til warm and crispy.

Enjoy them filled with something delightful inside!