

# Busy Woman Cooks

By Peggy Katalinich

## Party Pleasers

As much as I love holiday entertaining, I hate getting stuck in the kitchen...and that's why these savory cream puffs are a lifesaver. I make them in advance, freeze, then reheat just before serving. Although the classic French version, called *gougere*, is made with Gruyère, I like them Italian-style (and so will your guests!) with either parmesan and prosciutto, or dried tomatoes and black olives. I promise they'll be the toast of your next party!



Don't let the idea of cream puffs scare you! They're easy—and make great appetizers.

### SAVORY CREAM PUFFS

Makes 3½ dozen puffs at \$1.68 per dozen.

**Prep:** 45 minutes.

**Preheat:** to 450°. **Bake:** at 400° for 25 minutes.

- 1 cup milk
  - ½ cup (1 stick) butter or margarine
  - ¼ teaspoon salt
  - 1 cup all-purpose flour
  - 2 eggs
  - 3 egg whites
- Savory Prosciutto or Tomato-Olive Fillings (recipes, page 150)**

1. Preheat oven to 450°. Coat baking sheets with nonstick vegetable-oil cooking spray.
2. Heat milk, butter and salt in medium-size saucepan. As soon as mixture comes to boiling, remove from heat. Immediately stir in flour with wooden spoon; beat until dough pulls away from sides of pan.
3. Beat in eggs and egg whites, one at a time, beating after each addition, until mixture is

smooth and glossy. Stir in desired Savory Fillings.

4. Place mounds of dough (about the size of a large walnut) on prepared baking sheets, 1½ inches apart. Or pipe from pastry bag fitted with desired tip onto prepared baking sheets.
5. Place in upper third of preheated 450° oven. Reduce oven temperature to 400°. Bake 25 minutes or until puffed, golden and lightly crusty. Remove to wire racks. (Recipes for fillings on page 150.)

### PARTY PLEASERS

**Savory Prosciutto Flavoring:** Combine ½ cup grated Parmesan cheese, ¼ cup finely chopped prosciutto and ¼ teaspoon ground nutmeg in a small bowl.

Nutrient Value Per Puff:  
46 calories, 2 g protein, 3 g fat,  
3 g carbohydrate, 57 mg sodium,  
18 mg cholesterol.  
Exchanges: ⅓ starch/bread,  
⅓ meat, ⅓ fat.

**Tomato-Olive Flavoring:** Soak 1 ounce dry-pack sun-dried tomatoes in hot water for 20 minutes or until plump. Chop fine. Combine tomatoes with 2 tablespoons finely chopped canned black olives in a small bowl.

Nutrient Value Per Puff:  
41 calories, 1 g protein, 3 g fat,  
3 g carbohydrate, 41 mg sodium,  
17 mg cholesterol.  
Exchanges: ⅓ starch/bread, ⅓ fat.

**Note:** The baked puffs can be frozen. To reheat, place on baking sheet. Cover lightly with aluminum foil. Bake in preheated 375° oven for 10 minutes.