

Cheese Puffs in Mushroom Cream Sauce

Recipe By *Leah Barzel*



Cooking and Prep:  1
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Serves:  25

Contains:   

Preference: Dairy

Difficulty: Hard

Occasion: Shavuot,
Chanukah

Source: Family Table by
Mishpacha Magazine

I've been asked many times to share a healthy pastry dough recipe.

Unfortunately, the success of pastry dough usually depends on the amount of oil or margarine in it! In honor of Shavuot, however, I'm presenting a mouthwatering pastry dish that calls for butter instead of margarine, as well as whole wheat flour. Although the fat content is still there, it's healthier than the trans-fat-filled margarine in most pastry doughs. Save this recipe for Chanukah and other special occasions.

Ingredients (22)

Dough

- 1 cup water
- 1/2 teaspoon salt
- 7 tablespoons (3.5 ounces / 100 grams) butter
- 1/2 cup **Gefen Cornstarch**

1/2 cup **Shibolim Whole Wheat Flour**

4 eggs

Cheese Filling

1 container (9 oz / 250 g) 9% cheese

5 tablespoons ricotta or feta cheese

1/2 teaspoon dried dill or 1-2 cubes **Dorot Gardens Frozen Dill**

3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**

1/2 teaspoon salt

Mushroom Cream Sauce

1 tablespoon oil, for sautéing

1 large onion, diced

3 portobello mushrooms, chopped

5 champignon (button) mushrooms, chopped

3 shiitake mushrooms, chopped

1 cup milk

1/2 teaspoon salt

1/2 teaspoon nutmeg

3 tablespoons 9% sour cream

1 tablespoon **Gefen Olive Oil**, for garnish

fresh parsley leaves, for garnish

Start Cooking

Make the Cheese Puffs

Yields about 25 puffs.

1.)

To make puffs, preheat oven to 300 degrees Fahrenheit (150 degrees Celsius).

2. Combine water, salt, and butter in a small saucepan and cook over medium flame until butter is melted and mixture is boiling. Stir and add cornstarch and flour simultaneously. Continue stirring as the mixture cooks. Remove from flame as soon as a dough forms and separates from the sides of the pan.
3. Transfer hot dough to mixer or food processor. Using beater or knife blade on medium power, add eggs, one at a time, until completely mixed into dough. Transfer dough into a piping bag and form approximately 2 and ½-inch-wide (6 cm) pastry circles on Gefen Easy Baking Parchment-lined baking pan. Leave space between the circles to allow them to rise.
4. Bake puffs for approximately 15 minutes. They should be high and golden. (If necessary, move to a higher rack in the oven and bake for another five minutes until golden.) Turn off oven and open door slightly. Place a towel over door, making sure to allow air to enter, as the puffs cool.
5. Combine all ingredients for cheese filling in a bowl. Refrigerate and fill puffs no more than an hour before serving.
6. Meanwhile, heat oil in a frying pan over low flame and sauté onions and mushrooms for approximately 20 minutes. Add milk, garlic, salt, and nutmeg and bring to boil. (Stir carefully to ensure that milk doesn't boil over.) Lower flame and cook approximately 10 more minutes. Transfer to food processor or blender (you can wait until the sauce cools) and add sour cream. Blend until sauce is creamy.
7. To assemble, open cooled dough puffs slightly and fill with a teaspoon of filling. Pour hot cream sauce over serving platter. Lay filled cheese puffs on top and drizzle olive oil all around. Garnish with parsley leaves and serve immediately. Place remaining cream sauce in a bowl in the center of the table.

Note:

The unfilled puffs can be stored in a sealed container for two days, or frozen. The filling lasts for one week in the refrigerator. Sauce can be stored for three days in refrigerator or frozen. Reheat thoroughly before assembly.

Tip:

This recipe tastes best if you use all three types of mushrooms for the cream sauce, but it'll still be delicious even if you only use one.

Variation:

If you're looking for a sweet puff recipe, you can substitute one teaspoon sugar for the salt in this recipe and fill with any sweet filling of your choice.