

Whole Wheat Puffs with Tuna Filling

Recipe By Chavi Feldman



Cooking and Prep:  1
h 20 m

Serves:  10

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Pescetarian

Source: Family Table by
Mishpacha Magazine

The perfect alternative to sandwiches, these elegant tuna puffs make for a beautiful presentation of a basic shalosh seudos staple. Try it with any filling of your choice such as egg salad or guacamole. Yields 10–12 puffs.

Ingredients (15)

Cream Puffs

- 1 cup water
- 1/2 cup margarine
- 1/8 teaspoon salt
- 1 cup **Shibolim Whole Wheat Flour** or other whole wheat pastry flour
- 4 eggs

Tuna Filling

- 3 tablespoons lemon juice
 - 1/3 cup Gefen Mayonnaise
 - 14 ounces Gefen Tuna, mashed
 - 1 cup chopped celery
 - 1/4 cup chopped cucumbers
 - 1/2 cup chopped gherkin pickles
 - 3 hard boiled eggs, mashed
 - 1/4 teaspoon salt
 - dash of pepper
 - 2–3 sliced gherkin pickles, for garnish
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Start Cooking

Prepare the Dough

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius). Grease large cookie sheet; set aside.
2. In medium saucepan, combine water, margarine, and salt. Bring to a boil.
3. Add flour all at once, stirring vigorously.
4. Cook and stir until mixture forms a ball of dough. Remove from heat. Cool for 10 minutes.
5. Add eggs, one at a time, beating well with a wooden spoon after each addition.

Shape and Bake

1. Form dough into 20–24 mounds (about a heaping tablespoon each) and place onto prepared baking sheet.
2. Bake 25–30 minutes or until puffs are browned. Transfer puffs to wire rack; cool.
3. Slice top third off puffs; remove soft dough from inside.

Prepare the Tuna Filling

1. Stir together mayonnaise and lemon juice.
2. In a separate bowl, combine all remaining ingredients except sliced pickles.
3. Fold mayonnaise mixture into tuna mixture.
4. Fill centers of cream puffs with tuna salad, mounding high.
5. Top with sliced pickles and cover with cream puff lid.

Credit

Photography: Dan Engongoro