

Eyeball Gougères

Gougères, made of choux pastry (as with cream puffs & éclairs), are a STEAM-powered pastry, formed as the water or milk evaporate in the oven, generating lift, while the eggs (and some from the milk if using) help trap this risen form in the protein network as it's cooked in the oven.

Ingredients

- 6 tbsp (84g) unsalted butter, cut in $\frac{1}{2}$ " cubes
- 1 cup (235g) water or milk (milk will make the gougères brown more quickly)
- $\frac{1}{2}$ tsp salt
- 1 cup (128g) all-purpose flour
- 4 large eggs
- 1 cup/4oz (112g) Gruyère cheese, grated
- Icing Sugar (for dusting)
- $\frac{1}{2}$ tsp black pepper

For Decoration

- Sriracha or ketchup
- Olives
- Cucumber, sliced thinly
- Cream cheese



<https://www.womansday.com/food-recipes/recipes/a60165/bitesize-eyeballs-recipe/>

Method

1. Preheat oven to 425°F. Line two baking trays with parchment paper.
2. Stir together flour and salt. Heat cubes of butter with water over medium heat on the stove and stir until butter melts and liquid just comes to a boil. Remove from heat, and quickly stir in all the flour mixture at once. Once flour is fully incorporated, return to heat and stir until the dough balls up and a film forms at the bottom of the pot. (If you have a thermometer, it should reach between 165-175°F. At this temperature, the starches in the flour will have gelatinized, which is what's happening at this stage.
3. Turn off the heat and let mixture cool down. Once it's at 145°F or cooler, beat in the eggs one at a time (you can use a stand mixer with a paddle attachment or use your hand with a spoon), ensuring it is fully incorporated before adding the next one. The final texture should have dropping consistency: when you lift your spoon and lift some dough, it should drop back down within 10s or so, but not be a ribbon (too runny). Mix in the grated cheese.
4. Transfer mixture to a piping bag or Ziploc bag (cut a hole at a corner after filling it) and pipe onto prepared trays with 2" space between each puff. Dust lightly with icing sugar before placing in the oven. Bake for 10 min, then reduce heat to 350°F and bake for 12-15 min more to fully dry them out. Transfer to cooling rack once done.
5. Dab each gougère with cream cheese at the top, place a slice of cucumber on top, dab another bit of cream cheese, followed by an olive, on each puff. Use the sriracha or ketchup to make your eyeballs bloodshot. Enjoy!

