



Beetroot and feta gougères, rocket, crème fraîche, smoked salmon

By Michael Meredith

20 minutes

Preparation time

1 hour 20 minutes

Cooking time

8 servings

Serves

INGREDIENTS

Choux pastry

50g butter
100ml water
100g flour
3 eggs
50g feta
5g beetroot powder
1 egg, whisked, additional for egg
wash
1 tablespoon milk

Roast beetroot

1 large red beetroot
Salt

To serve

5g beetroot powder
40g smoked salmon, sliced
100g crème fraîche
100g baby rocket

METHOD

Choux pastry

1. Place butter and water into saucepan on medium heat, Induction setting 5.
2. Increase heat to high, Induction setting 8 and bring to the boil. Once boiling remove from the heat and add the flour and beetroot powder. Beat to combine well, ensuring there are no lumps.
3. Return the saucepan to medium heat, Induction setting 4 and beat until mixture comes together and starts to leave the sides of the pan.
4. Transfer to a bowl of an electric mixer with paddle attachment and beat on medium speed until the dough is no longer hot but still warm (1-2 minutes).
5. Add in eggs, one at a time then add the feta and continue to beat until combined.
6. Transfer the mixture into a piping bag, fitted with a 2cm nozzle and refrigerate to cool and stiffen.
7. Pre-heat Oven on Fan Plus at 190°C with Crisp function activated.
8. Line a Baking tray with baking paper. Pipe 2cm diameter rounds onto the prepared tray, leaving about 3cm between each to allow for pastry to puff and spread.
9. Brush the choux pastry lightly with egg wash and bake for 18-20 minutes or until puffed and golden brown. Cool on a wire rack.

Beetroot

1. Wash the beetroot and wrap in aluminum foil. Pre-heat Oven on Fan Plus at 160°C.
2. Place beetroot into Oven and roast for 1 hour or until soft.
3. Remove from the Oven, peel off skin and discard.

To serve

1. Thinly slice the roasted beetroot into thin wedges and season with salt to taste.
2. Cut the gougères in half and fill each with a slice of beetroot, smoked salmon, a little crème fraiche and baby rocket.