



These homey cheese pastries will disappear fast, so depending on how big a crowd you're serving, you might want to make two batches.

Cheddar Cheese Blops

1 cup water

½ cup (1 stick) butter, cut into pieces

½ teaspoon salt

¼ teaspoon cayenne pepper (optional)

1 cup flour

4 large eggs

1½ cups grated sharp cheddar cheese



1. Preheat the oven to 375°F. Lightly oil two baking sheets or line with nonstick liners.
2. In a medium, heavy-bottomed saucepan, combine the water, butter, salt and cayenne (if using). Bring to a boil over high heat and reduce the heat to medium. Add the flour all at once and beat with a wooden spoon until the mixture pulls away from the sides of the pan.
3. Remove from the heat. Beat in the eggs, one at a time, beating well after each addition (the mixture will separate at first but will come back together as you beat it). Stir in the cheese.
4. Drop the dough by tablespoons about 1 inch apart on the baking sheets. Bake in the upper and lower thirds of the oven, switching positions halfway through baking, for 25 to 30 minutes until puffed, golden and crisp. *(The cheese blops can be baked one week ahead and frozen. Reheat the unfrozen blops in a 350°F oven for 15 minutes.)* Serve warm or at room temperature.

Makes 2½ dozen blops

Total time: 30 minutes

Per blop: 75 calories, 56 g fat, 3 g carbohydrates (0.1 g fiber), 3 g protein

