

# Brazilian Cheese Puffs

Bialik College Kitchen Garden Program



## Ingredients:

- Butter, for greasing
- 70g Cheddar or Gruyere cheese
- 160g full cream milk
- 60g rice bran oil
- 1 egg
- 170g arrowroot or tapioca flour
- 1 teaspoon salt

## Equipment:

- Metric measuring scale, spoons
- 24-hole mini muffin tray
- Pastry brush or paper towel
- Chopping board
- Cook's knife
- Box grater or Microplane
- Food processor
- Spatula
- Mixing bowl

## Method:

1. Preheat oven to 200C.
2. Grease a 24-hole mini muffin tray with butter and set aside.
3. Use a box grater or Microplane to finely grate the cheese.
4. Place grated cheese, milk, oil, egg, salt and tapioca flour into a Food processor. Blend on high for 20 seconds.
5. Scrape down the sides of the Food processor using a spatula and blend for a further 10 seconds.
6. Carefully fill each muffin mould three quarters full with the batter.
7. Bake for 12-15 minutes, or until puffy and just lightly golden.
8. Remove from the oven and leave to cool in tin for a few minutes before serving warm.