

## FRENCH SHRIMP PUFFS APPETIZERS

### The Recipe

<https://cuisinedaubery.com/recipe/shrimp-puffs/>

Shrimp bites, delicate and delicious, for an elegant French appetizer

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Appetizer,

### Ingredients

**For 26 puffs, 1.77" (or 1 49/64" or 4.5 cm) in diameter**

1 lbs Shrimps (470 grams)

\*Jus

some Olive Oil

1 Cup Onions (150 grams)

2 Tablespoons Cognac or Brandy (30 grams)

some Salt

some Pepper

1 Cup Water (220 grams)

6 Garlic Cloves

2 Gelatin Sheets

\*Shrimp body

some Olive Oil

some Salted Butter

4 Garlic Cloves

1/2 Cup Mayonnaise (100 grams)

some Green Onions ('Scallions')

\*Puffs

11 oz Choux Dough (300 grams) For the recipes, see [HERE](#)

**For 13 puffs, 1.77" (or 1 49/64" or 4.5 cm) in diameter**

1/2lbs Shrimps (235 grams)

\*Jus

some Olive Oil

1/2 Cup Onions (75 grams)

1 Tablespoon Cognac or Brandy (15 grams)

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some Salt  
some Pepper  
1/2 Cup Water (110 grams)  
3 Garlic Cloves  
1 Gelatin Sheet  
\*Shrimp body  
some Olive Oil  
some Salted Butter  
2 Garlic Cloves  
3 Tablespoons Mayonnaise (50 grams)  
some Green Onions ('Scallions')  
\*Puffs  
5 oz Choux Dough (150 grams) For the recipes, see [HERE](#)

### **For**

3/4lbs Shrimps (361.5 grams)  
\*Jus  
some Olive Oil  
3/4 Cup Onions (115.3 grams)  
2 Tablespoons Cognac or Brandy (23 grams)  
some Salt  
some Pepper  
3/4 Cup Water (169.2 grams)  
4.6 Garlic Cloves  
1.5 Gelatin Sheets  
\*Shrimp body  
some Olive Oil  
some Salted Butter  
3 Garlic Cloves  
1/3 Cup Mayonnaise (76.9 grams)  
some Green Onions ('Scallions')  
\*Puffs  
1/2lbs Choux Dough (230.7 grams) For the recipes, see [HERE](#)

### **For 40 puffs, 1.77" (or 1 49/64" or 4.5 cm) in diameter**

1 lbs 9 oz Shrimps (723 grams)  
\*Jus  
some Olive Oil  
1 1/2 Cup Onions (230.7 grams)  
3 Tablespoons Cognac or Brandy (46.1 grams)  
some Salt  
some Pepper

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1 1/2 Cup Water (338.4 grams)

9.2 Garlic Cloves

3 Gelatin Sheets

\*Shrimp body

some Olive Oil

some Salted Butter

6.1 Garlic Cloves

2/3 Cup Mayonnaise (153.8 grams)

some Green Onions ('Scallions')

\*Puffs

1 lbs Choux Dough (461.5 grams) For the recipes, see [HERE](#)

### Steps

#### Puffs

1. Prepare the Choux Dough ( 11 oz or 300 g)
2. The recipes are [HERE](#)
3. The quantity indicated ( 11 oz or 300 g) is that of the dough before baking
4. Place in Pastry Bag with a Plain Pastry Tip
5. A first method is to pipe choux puffs of approximately 1.37" (or 1 3/8" or 3.5 cm) in diameter
6. To "erase" the small "tip" on the choux, simply dip a spoon in water and gently touch the surface. You will obtain perfectly round choux this way
7. Another solution is to pipe the the Choux Dough into 3.5cm diameter half-sphere silicone molds
8. Freeze, then unmold onto a silicone mat or with a parchment paper
9. This method is longer, but it allows to obtain choux of the same size and perfectly round
10. Whichever method is chosen, the choux are 1.37" (or 1 3/8" or 3.5 cm) in diameter, and after cooking, they will have puffed up and be 1.77" (or 1 49/64" or 4.5 cm) in diameter

#### Baking

11. Bake in preheated oven at 360 F / 180 C, until golden
12. Reserve at room temperature, until use
13. Cut the choux. I advise you to cut at the upper 1/3
14. In fact, it's better if the choux dry out a little, because the filling will moisten them. If the choux are a little dry, this will prevent them from becoming too soggy

#### The Filling

15. For the Shrimps (1 lbs or 470 g), you will need beautiful, long shrimp, gambas type which provide a very good flavor. Choose fresh shrimp from the fishmonger and avoid frozen products
16. You absolutely need the heads, as we will use them for the juice. The tail will be used for the filling. So avoid shrimp sold without their heads (as sometimes in the frozen section)

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17. Separate the head from the tail, place in two bowls: The flesh in "Bowl 1", and the heads in "Bowl 2"

18. Peel the tails, and place the shells in "Bowl 2"

Bowl 1

- Contains only the flesh, which will be cooked and ground for the filling

Bowl 2

- Contains the heads and shells, which will be used to make a filtered juice, which will be used to flavor the filling

### The Juice

19. For cooking the juice, we will use Onions, but if you can, I advise you to use half onions and half leeks: this will enhance the flavor

20. Heat the Olive Oil in a sauté pan, and sauté the Onions (1 Cup or 150 g)

21. Cook until light amber in color

22. Pour in "bowl 2" and stir

23. Sauté for a few moments. The shells will color and begin to bring out their aroma

24. Once well seized, deglaze the shells with the Cognac or Brandy (2 Tablespoons or 30 g)

25. Continue cooking, crushing the heads and shells with a potato masher. Their juice will thus diffuse into the liquid, which is what we are looking for as we will thus obtain a very tasty juice

26. Lower the heat, and after a few minutes, pour in the Water (1 Cup or 220 g), add the Garlic Cloves (6), and season with the Salt and the Pepper

27. Cook, half-covered, 20 minutes, on low/medium heat

28. During cooking, hydrate the Gelatin Sheets (2) in very cold water (with ice cubes)

29. Please note: When using Gelatin Sheets, you have to place them one by one in the cold water, thus avoiding them to stick to each other

30. After cooking, filter the juice with a sieve or a strainer

31. Discard the shells: they are no longer needed!

32. Pour the juice into a frying pan and cook: we seek to reduce the juice to concentrate the flavors

33. We aim to reduce until 50 g ( 2 oz ) is obtained

34. At the end of cooking, while the juice is still hot, pour in the softened and hydrated Gelatin Sheets (2)

### The Tails

35. In a frying pan, sauté the Garlic Cloves (4) in a mixture of Olive Oil / Salted Butter

36. Pour and cook "bowl 1", the shrimp flesh, a few minutes

37. Stir quite often, making sure not to burn the garlic (otherwise add a little water)

38. In a Cup Food Chopper, pour the contents of the frying pan, as well as the reduced juice

39. Finely grind, to obtain a paste

40. Pour into a bowl, let cool at room temperature a few minutes

41. Add the Mayonnaise (1/2 Cup or 100 g), and mix

42. Chop the Green Onions ('Scallions'), and mix into the bowl

43. Place in the fridge to thicken (this will make it easier to pipe into the choux)

## **FRENCH SHRIMP PUFFS APPETIZERS**

44. Place in a Pastry Bag
45. Pipe the filling
46. Thanks to the gelatin and chilling, it has started to set, which is important because without it, the filling would still be liquid and would be impossible to pipe
47. Place the tops of the choux
48. Optionally, you can place a small green onion stalk for decoration and to add some color