

Appetizer

Parm Puffs

Dash Magazine

Preparation Time: 25 minutes

Start to Finish Time: 25 minutes

6 cups vegetable oil

2 cups Parmigiana-Reggiano cheese, grated

1/4 cup all-purpose flour

1/2 teaspoon black pepper

1/4 teaspoon salt

4 large egg whites at room temperature

Heat oil in a heavy 3-quart saucepan over medium until 360 degrees.

Meanwhile, mix cheese, flour, pepper and salt in a bowl.

In another bowl, beat egg whites with an electric mixer until they form stiff peaks. Fold in 1/2 cup cheese mixture; add in remaining mixture gently but thoroughly.

Drop batter into oil one teaspoon at a time; fry 8 per batch until crisp on both side, about 2 minutes.

Remove to paper towels. Repeat three times and serve.

Yield: 32 puffs

Per Serving (excluding unknown items): 11679 Calories; 1308g Fat (99.1% calories from fat); 3g Protein; 25g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 534mg Sodium. Exchanges: 1 1/2 Grain(Starch); 261 1/2 Fat.