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|---|---|
| Prep Time | 20 minutes |
| Cook Time | 18–22 minutes |
| Total Time | 40–45 minutes |
| Yield | 24 puffs (6 servings) |
| Difficulty | Easy |
| Cuisine | American comfort food |

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## Ingredients

For the puffs:

- 3 cups cold mashed potatoes (about 680 g)

- 2 large eggs, lightly beaten
- 1 cup shredded sharp cheddar cheese (about 115 g)
- ½ cup grated Parmesan cheese (about 45 g)
- ¼ cup all-purpose flour
- 3 green onions, finely sliced (plus extra for garnish)
- 2 tablespoons sour cream
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Pinch of cayenne pepper (optional)

For coating:

- ¾ cup panko breadcrumbs
- 2 tablespoons melted butter
- 2 tablespoons grated Parmesan cheese

For serving:

- Sour cream or ranch dip
- Fresh chives or green onions

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## Instructions

### Step 1: Prepare the Oven and Pan — *Time: 5 minutes* | *Intensity: Low*

Preheat your oven to 400°F (200°C). Generously grease a 24-cup mini muffin tin with nonstick spray or butter. Be thorough — every crevice matters for easy release.

### Step 2: Mix the Puff Base — *Time: 5 minutes* | *Intensity: Medium*

In a large mixing bowl, combine the cold mashed potatoes, beaten eggs, cheddar, Parmesan, flour, green onions, sour cream, garlic powder, onion powder, salt, pepper, and cayenne (if

using). Stir vigorously with a wooden spoon until everything is evenly incorporated. The mixture should be thick, slightly sticky, and hold together when pressed.

## Step 3: Prepare the Coating — *Time: 2 minutes | Intensity: Low*

In a small bowl, toss the panko breadcrumbs with melted butter and Parmesan until evenly moistened. This buttery crumb topping is what gives each puff its golden, crunchy crown.

## Step 4: Fill the Muffin Cups — *Time: 5 minutes | Intensity: Medium*

Spoon about 1½ tablespoons of the potato mixture into each muffin cup, filling them nearly to the top. Press gently with the back of a spoon to compact slightly. Sprinkle a generous pinch of the panko topping over each puff.

## Step 5: Bake — *Time: 18–22 minutes | Intensity: Low (passive)*

Bake on the middle rack for 18–22 minutes, until the tops are deep golden brown and the edges are crispy. Rotate the pan halfway through baking for even browning. If you prefer extra-crispy tops, switch to broil for the final 60–90 seconds — watch closely to avoid burning.

## Step 6: Cool and Release — *Time: 5 minutes | Intensity: Low*

Let the puffs rest in the pan for 5 minutes. Then run a thin knife or small offset spatula around the edges and lift each puff out onto a wire rack.

## Step 7: Serve — *Time: 2 minutes | Intensity: Low*

Arrange on a platter, garnish with sliced green onions, and serve warm with sour cream or ranch dip on the side.

## Time & Intensity Summary

| Phase | Duration | Intensity |
|---|---|---|
| Prep & mixing | 15 minutes | Medium |
| Filling cups | 5 minutes | Medium |
| Baking | 18–22 minutes | Low (passive) |
| Cooling & release | 5 minutes | Low |
| Total | ~45 minutes | Easy |

## Nutrition Information (Per Serving — 4 puffs)

| Nutrient | Amount |
|---|---|
| Calories | 285 kcal |
| Total Fat | 15 g |
| Saturated Fat | 8 g |
| Cholesterol | 85 mg |
| Sodium | 480 mg |
| Total Carbohydrates | 24 g |
| Dietary Fiber | 2 g |
| Total Sugars | 2 g |
| Protein | 13 g |
| Calcium | 220 mg |
| Iron | 1.2 mg |